Chiropractic Therapy

Chiropractic Therapy is a type of **complementary therapy** that involves the Chiropractor using their hands to treat disorders of the bones, muscles and joints, such as:

- Neck, shoulder or other joint problems
- Spine and posture problems
- Muscle problems, sciatica and sports injuries
- Migraine

Your nervous system, consisting of your brain, spinal cord and all your nerves, is the most vital system of your body. Its purpose is to coordinate and regulate all the other systems of your body as well as help you adapt to your environment.

Chiropractors believe that the health of the spine and the nervous system can influence the health of the whole body, and they use their hands to manipulate the bones and muscles. Consultations usually last between 30 minutes and one hour and most conditions can be treated within four to twelve sessions. The chiropractor will ask about your symptoms and medical condition and will then devise a treatment plan for you. Most people who have chiropractic treatment pay for it privately.

Whether done with actual hands, various types of handheld instruments, blocks that harness the effect of gravity or by other means, a chiropractic adjustment is intended to revive your spine's ability to function more normally.

Some people may experience side effects after a chiropractic session, including headaches, mild pain and tiredness. Any side effects should cease after 24 hours, if not you should consult your GP.

In the UK, chiropractors are regulated by law. To find a registered practitioner in your area, contact the **General Chiropractic Council** (GCC).

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Useful Organisations

General Chiropractic Council

Email: enquiries@gcc-uk.org

Website: www.gcc-uk.org

Telephone: 020 7713 5155

Address: Park House , SE11 4BT

Wellness Centre Newcastle

Email: info@wellnesscentrenewcastle.co.uk

Website: http://newcastlewellnesscentre.co.uk/

Telephone: 0191 243 1216

Address: 2 Highfield Road, NE5 5HS

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