



## Chiropractic

### Practitioner

Robert La Touche

First Consultation £50

Follow Up £35 Chiropractic is a straight forward method of adjusting the bones of the body to maintain the correct alignment of the spine and to ensure that the body's nerve supply works efficiently. As a consequence chiropractic treatment can relieve pain and discomfort, increase mobility and lay the foundation for better health.

The spinal column is made up of 24 moveable vertebrae, the sacrum and the coccyx. This column houses the spinal cord through which nerve information is passed. However, if any part of the column becomes misaligned, nerves may become irritated, compressed or stretched distorting the information that passes along them. This can lead to pain, discomfort, restricted mobility and even visceral dysfunction. A misalignment of the vertebrae or other bones can occur for many reasons, the most common being incorrect lifting, road traffic or sporting accidents, childbirth, falls, stress and poor posture and sleeping positions.

Patients report a wide range of improvement. These include relief from neuralgic migraines, headaches, neck and shoulder problems, low back pain and sciatica and a general improved state of well being. Benefit can sometimes be seen for visceral problems including difficult breathing, digestive problems, slow bowel, and painful and/or irregular periods.

Obviously, for results to be obtained in these cases the nerve to the effected organ would be irritated due to a spinal misalignment

### Can Chiropractic Help You?

The technique I use is primarily Sacro-Occipital Technique (SOT) - a very gentle and a diagnostic therapy which is suitable for people of a wide age range including young children, pregnant women and the elderly. The following conditions often benefit from treatment:

- back, neck, shoulder and arm pain
- pain, discomfort and stiffness in joints
- neuralgic migraine and tension headaches
- muscular aches and pains
- sciatica
- sports injuries

#### What To Expect

A full case history regarding your general health background will be taken as well as details of your symptoms. Permission will then be sought for an appropriate physical, orthopaedic and neurological exam. Lastly, a spinal examination will take place. If the results of the examination indicate a chiropractic problem, an appropriate treatment plan is then decided upon. The patient's permission will then be sought to carry out the proposed treatment.

During the examination women wear a knee length gown and in most cases may also wear tights or leggings during the treatment if they wish.

#### How Many Sessions Will You Need?

This varies depending on:

1. your age - people generally heal more slowly as they get older.
2. nature of the problem - a simple backache will often clear more quickly than a sciatic problem.
3. how long you have had the problem - generally a recent injury will resolve faster than one of 20 years standing.

Most patients need between 2 and 8 sessions initially at twice weekly or weekly intervals and then gradually spaced out by which time a noticeable change should have occurred. Once the problem has resolved a maintenance programme is recommended to keep the spine and joints functioning normally.

#### Chiropractic Is An Interactive Therapy

The patient should not expect to assume a passive role. At the very least a simple quick exercise programme will be recommended. Changes in lifestyle may also be necessary to resolve the problem and may include postural changes, alteration of sleeping habits and changes in diet.