

Release your body to heal from the inside out

– Mc Timoney Chiropractic

Who are Chiropractors?

Chiropractors come from all walks of life but in order to work as a chiropractor they must be registered with and therefore regulated by the General Chiropractic Council, many are also members of the Royal College of Chiropractors. Chiropractors are qualified to be Primary Care Practitioners which means that they are educated in a broad range of diagnostic skills so that they can consider a range of differential diagnoses for every patient who presents to them. They are educated in physiology, biomechanics, general medicine, radiology and many other disciplines together with a range of chiropractic techniques and are informed by current evidence-based studies. They will all have an MChiro degree or equivalent. A chiropractor will always take a full medical history at your first appointment and they will use their judgement to refer to other professionals ranging from General Practitioners, radiologists or even Accident and Emergency Departments when they consider that appropriate.

The Goal of Chiropractic

B.J. Palmer developed the practice and technique he named chiropractic in the 1850's. His basic tenet was

'The preservation of health is easier than the cure of Disease'.

The goal of chiropractic care is to release any interference to health held within the body, specifically within the nervous system, primarily by adjusting the spine, so as to allow the body to express its natural, optimum state of health and function at its fullest potential. It is wellness from the inside out. We all need a well-functioning nervous system because it controls every function in the body including the internal organs, hormones and the body's response to environmental stimulation. There is nothing that the nervous system does not control, coordinate, stimulate or inhibit.

Chiropractors recognise that there is a natural, innate intelligence within the body which organises and co-ordinates the complex functioning of the 50 trillion cells in the body. This holistic view of the body is completely compatible with the most recent thinking in quantum physics, the New Biology as pioneered by Bruce Lipton and Energy Medicine.

Energy medicine recognises that to maintain this innate, vital, living, moving force the body needs freedom of movement. Chiropractic aims to facilitate that freedom of movement within the joints and tissues of the body which can become restricted due to

- Physical or mental trauma
- Toxins within the body
- Thoughts especially the repetitive patterns of negative thoughts associated with prolonged stress.

Chiropractic aims to re-align the unbalanced musculo-skeletal frame, to release any interference with the nervous system and restrictions within the tissues to restore the optimum functionality of the body.

Chiropractic is proven to be effective in treating the following conditions

- Back, neck and shoulder pain
- Pain, discomfort and stiffness in the joints
- Migraine and some headaches
- Sport injuries
- Arthritic pain

The McTimoney Method

The McTimoney method of chiropractic was developed by John McTimoney over 50 years ago. John was educated in the Palmer method of chiropractic but went on to adapt the modality by applying his understanding of force dynamics, gained from his knowledge of engineering, to develop an elegant, precise, safe, whole-body chiropractic technique utilising quick, gentle and accurate adjustments. These adjustments are specifically targeted at the problem area, using a minimum of force, and feel gentle to receive. They respect the innate healing ability of the body to respond to them so making the treatment suitable for people of all ages from babies and pregnant women to the elderly.