

## Who can benefit?

*McTimoney Chiropractic is particularly safe and gentle and has helped people with:-*

Ankylosing Spondylitis, Anxiety, Arthritis, Asthma, Back Pain, Balance Problems, Digestive Problems, Fatigue, Frozen Shoulders, Headaches, Insomnia, Jaw Problems, Joint Pain, Kyphosis, Lordosis, Low Energy, Menstrual Problems, Migraines, Multiple Sclerosis, Neck Pain, Pins and Needles, Problems during and after Pregnancy, Recurrent Infections, Repetitive Strain Injuries, Scoliosis, Sciatica, Sinus Problems, Sports Injuries, Stress Management, Tennis Elbow, Tension, Visual Disturbances, Whiplash Injuries and more.

**McTimoney Chiropractic is primarily concerned with creating a healthy, balanced state on all levels. It can, therefore, help people with almost any condition.**



## **Staffordshire McTimoney Chiropractic Clinic**

*Find us at*

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26 Kings Avenue  
**STONE**  
Staffordshire ST15 8HD

Phone: 01785 616010

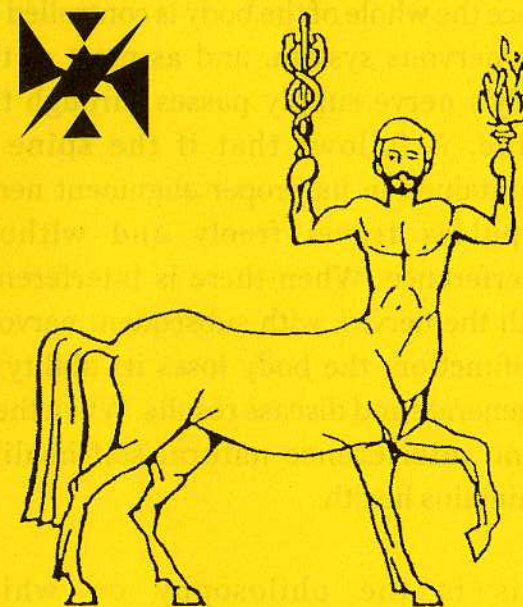
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*Staffordshire McTimoney*

## **CHIROPRACTIC CLINIC**



*in soma vis medendi*

**Telephone 01785 616010**



# Staffordshire McTimoney Chiropractic Clinic

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Chiropractic is a method of restoring and maintaining health by means of adjusting the bones of the spinal column and other joints of the body.

Chiropractic addresses the cause of disease. Since the whole of the body is controlled by the nervous system, and as most of the body's nerve supply passes through the spine, it follows that if the spine is maintained in its proper alignment nerve impulses travel freely and without interference. When there is interference with the nerves, with subsequent nervous dysfunction, the body loses its ability to regenerate and disease results. When there is no interference natural self-healing maintains health.

This is the philosophy on which Chiropractic is based. No cell or organ can function properly without its correct supply of nerve impulses. The body's chemical processes can also be altered by a change in the functioning of the nervous system.

So, a Chiropractic adjustment is a valuable healing technique for all people, no matter what condition they have, and is as important in a general preventative role as it is helping people manage their symptoms.

McTimoney Chiropractic is a particularly safe and gentle style of Chiropractic and checks the whole body at every appointment. McTimoney Chiropractors will use their hands to analyse the joints of the body for subluxations, which are slight misalignments of the joints. They are trained to use their fingertips in a particularly sensitive way so as to perceive the most subtle subluxations.

Having carefully analysed the subluxation, they apply a specific thrust to the subluxated bone (called an adjustment), assisting the displaced bones to return to their normal position and thereby allowing the process of healing to begin.

Subluxations arise from strains, stresses, accidents, poor body usage, trauma etc. Symptoms may take years to develop and Chiropractors believe that much ill health in adult life may originate from childhood accidents.

## At the First Appointment

At the initial consultation a medical case-history is taken to find out what your problems are, how long you've had them and what has happened to you in the past.

We then explain what Chiropractic is and how it works. You will be asked to undress down to your underwear while you are assessed and adjusted. Then we review the assessment and adjustments so that you understand what we have found.

We'll work out a treatment plan for you and give you some advice about things you can do to help yourself.

**The object of a course of treatment is to help the body realign itself, thereby restoring correct nerve function, resulting in relief from pain and improved health. It is important to understand that healing is a process not an event. Healing takes time.**

**Be a patient patient!**