



CHIROPRACTIC CENTRE

*Your Recovery Starts Here*

How do You  
want to Feel...?



How do You  
want to Feel...?



**Balanced**

**Pain Free**

**Stronger**

**Healthier**

**Less Tired**

**More Flexible**

[www.jerseychiropractic.com](http://www.jerseychiropractic.com)



Follow us on Facebook

Do you have a **BACK** problem...? or...

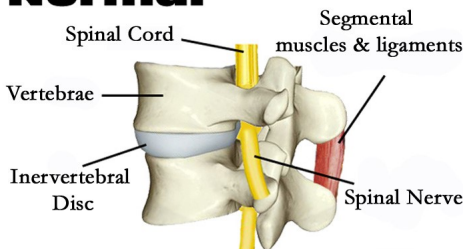
Do you have a **HEALTH** problem...?

Did you know that Chiropractors treat much more than just backs...? Chiropractors are highly trained 'Primary Healthcare Providers' whom specialise in the treatment of many other conditions i.e. (*neck pain, headaches & migraines to shoulder & sports injuries*). However, many people do not realise that often what at first glance appears to be a **BACK** problem, may indeed actually be a **HEALTH** problem..!

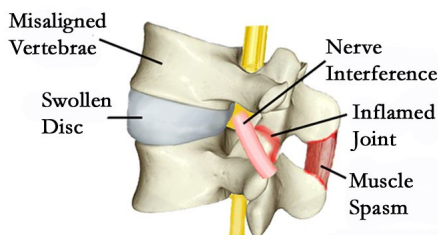
Everyone, and every living thing on this planet has an **innate** ability to heal itself. However, often in our busy lives we can sometimes develop 'roadblocks' to this healing process. Physical, chemical, emotional stress and /or injury can cause a whole host of problems to develop. It is hypothesised that these roadblocks can *if left untreated* sometimes lead to the development of a physiological cascade termed the '**Vertebral Subluxation Complex (VSC)**'. As Chiropractors it is our role simply to identify where these interferences are and remove them using gentle tried & tested adjustive techniques.

## VERTEBRAL SUBLUXATION COMPLEX

### Normal



### Subluxated



1. Vertebral segment/s of the spine begin to lose their normal range of motion and/or become fixated.
2. Restricted segments (fixations) in turn begin to prevent the normal functioning of the associated Vertebral Spinal Unit (VSU).
3. Surrounding musculature becomes chronically tense and/or spastic, leading to the overproduction and pooling of lactic acid in the muscles which can cause generalised pain and further restriction to the VSU.
4. Dysfunctional VSU causes spinal joints (Facet Joints) to become irritated and inflamed, causing *sharp & localised pain*.
5. Inflamed Facet Joints apply pressure and/or irritate closely lying and highly sensitive spinal nerve roots.
6. Irritated nerve roots begin to refer pain to other areas/regions of the body causing a wide range of bio-mechanical pain syndromes.

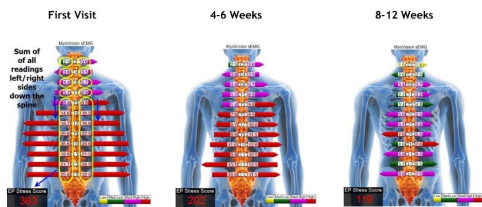
Although not yet proven it is currently being researched to prove that this physiological cascade may actually have much further reaching effects in the body than previously thought, which may significantly aggravate and/or contribute to the development of several other conditions of a *somatovisceral* nature e.g. (Asthma, Anxiety, Gastric Reflux, Sinusitis, IBS, etc).. Like all things time will tell. Just because we may not presently have all the data and/or technology to measure the wider somatovisceral effects of the VSC does not mean that answers to the above questions will not be discovered in the not too distant future.

## MYOVISION

In recent years one of several advancements in Chiropractic has been the development of Biometric Scanners such as the **MYOVISION** Static sEMG (E-Scan).

The highly sensitive (surface electromyography) probes of this device accurately measure the electrical activity of the paraspinal muscles whilst weight bearing. It effectively provides a

quantifiable means of showing a patient what we feel with our hands. Simply put, it is an **electronic form of palpation**.



The device effectively and scientifically measures the muscular response to spinal subluxation and shows the results, in an easy to understand graphic at the levels of muscle tension about the spine. **MYOVISION** scans are often used as part of either a **Spinal Health Check** or **New Patient Consultation**, and at various intervals throughout their care, which enables us to obtain objective baseline & comparative data, to monitor a patient's progress over the course of their treatment.

Although Chiropractic is an amazing & natural way to cure and/or manage bio-mechanical conditions... our Team at the **'Jersey Chiropractic Centre'** believe that Chiropractic is about so much more than that just pain management. Although most patients come to us initially in some degree of pain, most patients come to realise that Chiropractic is in the longer term more about **LIFESTYLE**... It is about moving better, having more energy, feeling stronger, becoming more active... It is about optimising one's body so that we can live to our full potential. It is about asking oneself a simple question... ***"How do I want to Feel..?"***

As amazing as Chiropractic is we recognise that it does not have all the answers, nor should it. Acknowledging this fact, we were compelled to offer our patients and clients an all-encompassing holistic approach to Chiropractic care. This has been achieved by partnering with over 20 specialised Instructors & Therapists whom offer a wide range of additional services and therapies i.e. (Chiropractic, Health Coaching, **float SPA** Hydrotherapy, Massage, Counselling Services, Specialist REN Skin Care & Sports Therapy). Additionally, our beautifully designed **'Wellness**

**Studio'** enables all clients to receive specialised tuition (Group or Private classes) in Personal Training, Pilates, Kinetic Therapy & Yoga.

Finally, we believe that Chiropractic should be accessible and affordable for all. As such we have specifically designed several **Payment Plans & Packages** designed to save our patients money. Additionally, we offer all prospective patients a **FREE CHIROPRACTIC SCREENING** to meet and discuss their health goals, and whether or not they are a suitable candidate for Chiropractic.

For more information on how Chiropractic can help you, your friends & family please visit our website [www.jerseychiropractic.com](http://www.jerseychiropractic.com)

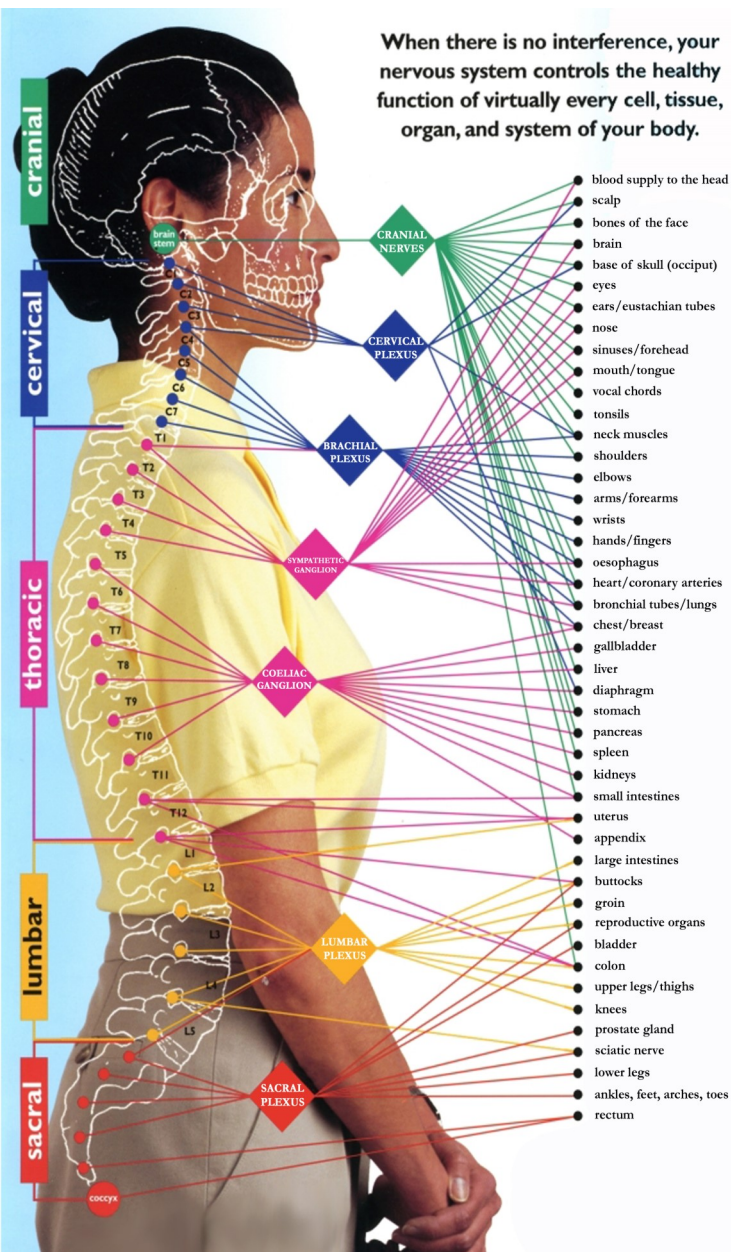
*How do You  
Want to Feel..?*





# Nerve Function

Many things can impair your nervous system and interfere with its function.



## The 3 Phases of Spinal Degeneration

### Normal

In a textbook normal spine, the disc spaces are equal and there are no visible signs of degenerative changes.



### Phase I

In Phase I of spinal degeneration, the alignment of the spine is altered, however the disc spaces may remain normal. Symptoms and degenerative changes may be present. Nerve tissues become irritated.



### Phase II

In Phase II of spinal degeneration, the alignment continues to deteriorate and disc narrowing is present. Degenerative changes progress and bone spurs are present. Nerve tissues are irritated and begin to atrophy.



### Phase III

In Phase III of spinal degeneration, the joint space is no longer visualised. Bone spurs progress to fuse the involved joint. Nerve tissue atrophy occurs.

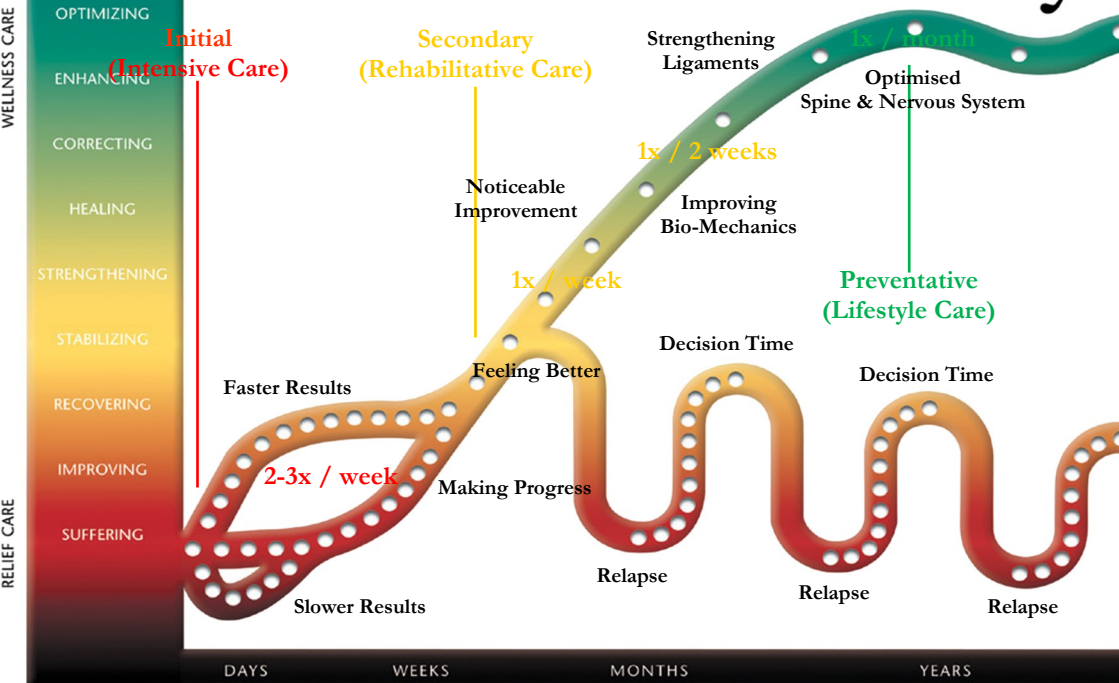


## Examination Findings

Cervical ( ) Thoracic ( ) Lumbar ( ) S.I. ( )

Sensory / Motor / Reflex -

# The Road To Recovery



The **National Institute of Clinical Excellence (NICE)** in the U.K. state that the average New Patient presenting to a Chiropractor requires on average 8-10 treatments. **N.B.** - *Treatment Plans may vary depending on the diagnosis and/or prognosis, which may require additional treatment than the above stated average to achieve our mutual health goals.*

## Initial (Intensive Care)

2-3 x / week ( 2-4 weeks)

Most patients first consult a Chiropractor because they are in pain. Their goal..? Pain Relief. That's our first objective. During this phase our care plan is

designed to give you the best results *in the shortest amount of time*. Visits are more frequent during this period and may vary depending on the type of problem you have, how long you have had it, and one's age. Each visit builds on the one before, so make sure to keep your appointments to achieve the best results.

### REASSESSMENT

## Secondary (Rehabilitative Care)

1 x / week ( 4-6 weeks)

At this stage you will have a decision to make. Will you continue with the care necessary to fully heal the soft tissues? Or abandon the investment that you've

made so far? When you continue your care, visits become less frequent and progress will be less dramatic. If you end your care before fully healing muscles and soft tissues, you can invite a relapse. Whatever your choice, we're here to serve and help support you in your decision.

### REASSESSMENT

## Preventative (Lifestyle Care)

1x / month

Your health affects everything you do, and everyone you know. With so many people depending on you, it makes sense to invest in your health. Taking a

pro-active approach and signing up to our '**Chiropractic Lifestyle Plan**' can help prevent relapses, and enable you to keep moving & feeling better, having more energy, feeling stronger, and performing better in both your work & play.

# Schedule of Fees

Chiropractic Screening Service	FREE
New Patient Consultation	£80
Spinal Health Checks	£60
Treatment (Adult)	£58
Treatment (Child)	£48
Missed Appointments	£50
Work Station Assessments	£100

**\*We are registered with most major Private Health Insurance companies i.e. (Alliance, AXA PPP, AVIVA, BUPA, Cigna, etc.). Please visit our website for more information on how to submit your claim.\***

## Packages & Plans

**\*All Packages & Plans include Priority Booking service\***

### Initial Care Package

**Cost: £470 (Pre-Paid)**

**Consultation + 8 Treatments (approx 15% off)**

- 10 % Off any 1 Massage treatment of choice.
- 1 x **f l o a t S P A** (60 min) session.

**\*Terms & Conditions apply\***

### Acute Care Package

**Cost: £310 (Pre-Paid)**

**6 Treatments (approx 12% off)**

- 10 % Off any 1 Massage treatment of choice.
- 1 Package / Person (Acute Care Only)
- 1 x **f l o a t S P A** (60 min) session.

**\*Terms & Conditions apply\***

### Chiropractic Lifestyle Plan

**Cost: £49/month (Direct Debit)**

**1 x Chiropractic Treatment/month (normally £58)**

- 20% Off **'Emergency Care'** treatments (if required).
- Free Spinal Health Checks - (Friends & Family).
- 25 % Off Chiropractic Consultations - (Immediate Family).
- 10 % Off all other therapies and services (excluding packages).
- 50 % Off - **f l o a t S P A** sessions (excluding packages).

**\*Terms & Conditions apply\***



**Follow us on Facebook**

**Tel: (01534) 633060**

