

What is Chiropractic?



Chiropractic is drug-free

Chiropractic is safe, natural and based on research. It offers people a chance to claim back their health from a broad spectrum of problems without the use of drugs or surgery.

Feeling vs Function

The practice of chiropractic focuses on the relationship between the structure of the body (primarily the spine) and function (coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.

A chiropractor will utilise a range of skills and techniques to help you restore health. The most common approach is to apply a **chiropractic adjustment** to any effected areas. The purpose of the adjustment is to provide a corrective force or energy in order to restore proper function and alleviate nerve stress. An adjustment can be performed in many different ways; most adjustment techniques involve a small amount of force applied to the effected area in a very specific way. Chiropractic adjustments take years of training to master and are considered as the art form of chiropractic.

One of the effects of both acute and chronic stress on the body is prolonged muscle tension and contraction. This tension creates uneven pressures on the bony structures of the body, often leading to misalignments of the spinal column, known as vertebral subluxations.

Vertebral subluxations are known to cause interference to the messages passing through the spinal nerves. The nervous system (brain, spinal cord, spinal nerves and peripheral nerves) is the primary control centre in the body. Any interference in that system will have an adverse effect on function and health potential.

As a result of nerve interference and the bio-mechanical changes that occur when you have vertebral subluxations in the spine, you can experience a negative effect on the normal behaviour of the surrounding tissues including:

- Ligaments
- Muscles & tendons
- Nerves
- Connective tissue
- Joints & cartilage

These negative behaviours can disrupt the normal function of the body and are known to create:

- Posture and movement problems
- Inflammatory responses
- Sensory changes (pain, numbness, pins & needles)
- Physiological changes (body function)
- Biochemistry changes (body chemistry)

In order to maintain a healthy lifestyle and reduce the risks of suffering a health relapse or health crisis, chiropractors will also highlight things that you can add to your lifestyle or modify. Chiropractic places an emphasis on good nutrition, exercise and healthier lifestyle choices which will improve and promote normal health function.



Studying Chiropractic involves tertiary study of 4 years or more at an accredited Chiropractic College. Entry requirements often involve initial pre-requisite tertiary education prior to commencing chiropractic training.

Chiropractic is a primary healthcare profession and is regulated in the United Kingdom by the General Chiropractic Council (GCC). You do not need a referral to see a chiropractor.