Connect Spinal Health

WELLBEING AT WORK

WORKPLACE SERVICES →



WORKPLACE SERVICES



About Us

Connect Spinal Health was established in 2003, by founder and chiropractor Andrew Feltoe.

We have since earned a fantastic reputation in the area, and are proud to be the longest serving clinic in North Edinburgh.

Our dynamic team of Chiropractor and Massage Therapist and Clinic Assistants are passionate about helping our communities achieve optimal health naturally.

To date, we have seen over 10,000 patients through our doors, ranging from babies, professional sportspeople, 90-year-olds and everyone else in between!

Our Services



CHIROPRACTIC CARE



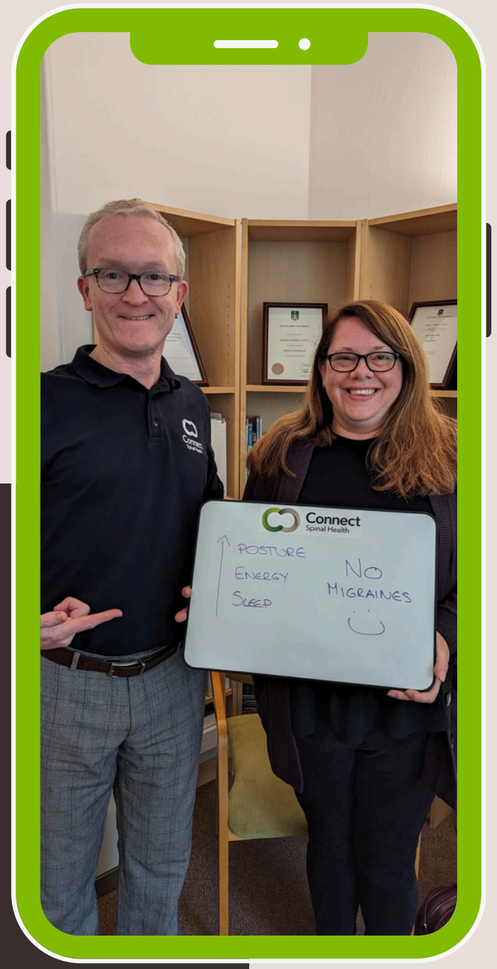
POSTURAL ASSESSMENT



MASSAGE THERAPY

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What do we do?

THE MOST COMMON REASONS PEOPLE CONSULT US

- Back Pain
- Neck Pain
- Sciatica
- Headaches & Migraines
- Shoulder Pain
- Posture Concerns
- Pregnancy & Children
- Sports Performance
- Workplace Wellness

What is chiropractic?

A lot of people have the misconception that chiropractors ‘crack your bones back into place’. Here at Connect Chiropractic we explain that your chiropractic care is much more than that.

Your brain and body are connected by your nervous system, and your spine protects that nervous system. Making sure you have a healthy and happy spine through a range of chiropractic adjustments and techniques, allows for your nervous system to work properly, which not only helps your symptoms, but also supports your body’s natural ability to heal.

Healing takes time and each chiropractic adjustment builds on the the next. Our care plans are bespoke for each individual and we monitor your progress regularly throughout the process.

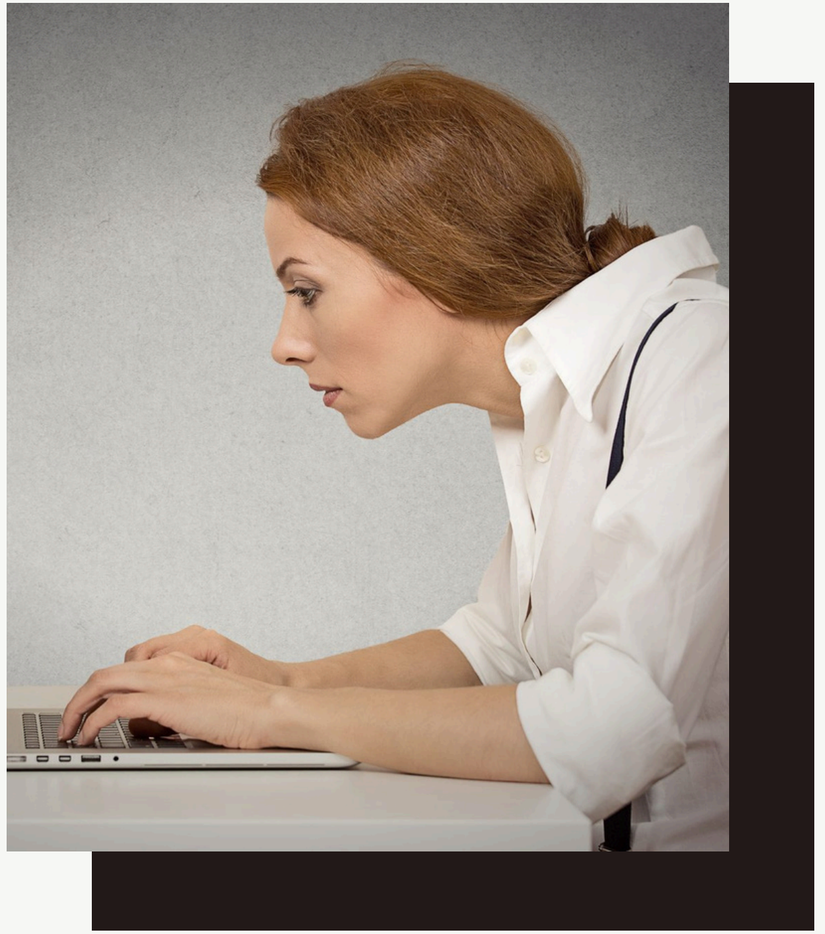


Workforce Wellness

Back pain is one of the biggest causes of work absence in the UK, accounting for more than **12 million days** lost every year.

Back pain is the **most common cause of disability** and the third most common reason that people consult their GP. Musculoskeletal problems such as back pain and neck pain cost the NHS nearly £5billion per year!

Successful employers take an active interest in the health of their workforce. Often employees like to feel their well-being is part of the company values.



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Empowerment Approach

If you are already dreading being told that you need to spend thousands of pounds on fancy office equipment:

We are NOT a work-desk assessment company!

The majority of musculoskeletal issues are multi-factorial, so in most cases, an expensive new work setup will NOT solve the problem.

What we offer for Workplaces

We offer a variety of services specifically designed to improve the health of your workforce and reduce absence days:

- **Health Talks** - FREE informative talks on various topics such as back pain, headaches, sciatica and more.
- **Spinal Screening Events** - 1:1 FREE sessions with one of our Chiropractors to discuss individual concerns.
- **Posture Assessments** - 1:1 FREE sessions using our Posture Screen App to assess your posture

Normally, when we come to your workplace we would do a Health Talk for about 20-30 mins followed by 1:1 sessions with chiropractors and your team to discuss their individual concerns (about 10 mins per person). The whole event lasts about 1 - 1.5 hours, although we can arrange it to be whatever suits your needs.



How much does it cost?

Nearly all of our Wellbeing at Work events are complimentary for the employer. Following this, we would offer an initial discount to you and your employees if you wish to follow up with chiropractic care.

How your employees fund treatment is up to them and your business as some businesses contribute an amount towards follow up/ongoing treatment.





Contact Details

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THANK YOU

Chat to us about how we can elevate employee wellbeing strategies in your company!

“We hope we get the opportunity to come to your workplace and help you support your teams wellbeing. ”

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