



Chiropractic First.

The natural health choice



YOU'RE NEVER TOO YOUNG OR TOO OLD FOR CHIROPRACTIC

BUT WHAT IS IT? –

Chiropractic is a profession that specialises in the diagnosis, treatment and prevention of disorders affecting the musculoskeletal system, particularly the spine and its effects on your nervous system.

Chiropractic is the largest natural health care discipline in the United Kingdom and is regulated by the General Chiropractic Council.

Natural health care means that Chiropractors do not promote drugs or surgery. Our approach is to remove nervous system disturbance (usually along the spine) that can restore your ability to self-heal, or maintain your health.

WHAT TO EXPECT ON YOUR FIRST VISIT

Your initial consultation will include an appropriate examination and history to accurately assess your health, address the underlying cause of any symptoms and identify your specific concerns.

Using this information your Chiropractor will then establish an appropriate course of care and you a full report of their findings to help you understand your individual needs and what is required to achieve your health goals.

Following your report of findings you may be offered a Chiropractic adjustments almost immediately; however this may be delayed if further tests, x-rays or other information from your GP is required.

“YOUR CHIROPRACTOR WILL HELP YOU UNDERSTAND YOUR INDIVIDUAL NEEDS AND WHAT IS REQUIRED TO ACHIEVE YOUR HEALTH GOALS.”





ASSESSMENT

The aim of the first examination is to find out the cause of your symptoms.

The chiropractor will take a full medical history, examine and may take x-rays if required.

REPORT OF FINDINGS

The chiropractor will explain your diagnosis to you, including viewing your X-rays, if they were required.

Treatment options will be discussed.



TREATMENT PLAN

The chiropractor will have designed a custom treatment plan for your diagnosis and specific needs. It will have estimated recovery times, number of treatments displayed in a results folder. The clinic has a focus on long term results to prevent a recurrence of symptoms.

PAYMENT OPTIONS & HELP

The chiropractor will have designed a custom treatment plan for your diagnosis and specific needs. It will have estimated recovery times, number of treatments displayed in a results folder. The clinic has a focus on long term results to prevent a recurrence of symptoms.

HEALTHCARE PROVIDERS WE COVER



CHIROPRACTIC CARE

Chiropractic care depends on the healing abilities of each individual and results may vary from person to person.

Regular adjustment visits, regular re-examination and progress reports are all part of your specific care plan. Some patients choose to continue care once they are moving and functioning better and they have regular checks irrespective of symptoms. This is often referred to as Wellness Care.

The perception of Chiropractic is often limited to the treatment of back or neck pain, but, as Primary Healthcare Providers, Chiropractors are consulted about a whole range of conditions.

Chiropractors also place an emphasis on nutrition and exercise, wellness and healthy lifestyle modifications which, when correctly applied, will improve the health of individuals.

"EVERYBODY RESPONDS DIFFERENTLY DUE TO THE UNDENIABLE FACT THAT EVERY HUMAN IS DIFFERENT."



A photograph showing a person's back from behind, wearing a dark grey t-shirt. Two hands are placed on the lower back, one above the other, suggesting a chiropractic adjustment. The background is a soft-focus clinical setting with light blue and white tones. A yellow banner is overlaid across the middle of the image, containing the title text.

WHAT IS CHIROPRACTIC ADJUSTMENT?

An adjustment is the name given to the corrective care delivered by the Chiropractor at each visit. There are many different ways to adjust the spine and these are modified to suit the specific needs of each patient.

An adjustment involves safe, often gentle, specific movements or pressure applied to the spine and other joints in order to encourage proper movement and appropriate support.

Your Chiropractor may use their hands or specialised tables to deliver a quick, targeted thrust, or an instrument that directs a repeatable force to remove any disturbance to your proper spinal motion and body support systems.



IS CHIROPRACTIC CARE SAFE?

Chiropractors provide care that is safe. Because the techniques used by chiropractors are acquired over years of study and experience, and are specifically tailored to your needs and condition, chiropractors have an enviable safety record.

In fact, in the words of a classic New Zealand study, Chiropractic care is 'remarkably safe'.

Chiropractors use the latest methods and techniques. With years of study, licensing examinations and continuing education seminars, Chiropractors in the United Kingdom are professional and well trained, using proven techniques and natural methods to help you get well and stay well.



CHIROPRACTORS HONOUR YOUR HEALTH GOALS

Whether you want short-term relief or a lifetime of wellness care, each member of the United Chiropractic Association stands ready to listen, provide choices and to support you and your family in achieving your individual health goals.

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GET IN TOUCH

Chiropractic First
82 Goldstone Villas
Hove, Brighton
BN3 3RU
United Kingdom

01273 324466



OPENING TIMES

Monday – 7:00 am - 8:00 pm

Tuesday – 7:00 am - 8:00 pm

Wednesday – 8:00 am - 7:00 pm

Thursday – 7:00 am - 8:00 pm

Friday – 7:00 am - 7:00 pm

Saturday – 8:00 am - 2:00 pm





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