

**Chiropractors primarily treat:**

Spine, neck and shoulder problems  
Joint, posture and muscle problems  
Sciatica  
Sports injuries  
Tension headaches

**Benefit may also be seen for some types of:**

Asthma  
Digestive disorders  
Migraine & Tension Headaches  
Infant colic  
Menstrual pains

**Do I have to pay for my treatment?**

Unfortunately, the NHS does not usually fund chiropractic treatment, so you will have to pay for treatment yourself, some private health insurance companies enable you to recoup all or part of the cost.

**Can anyone be a chiropractor?**

No. It is illegal for anyone in the UK to use the title 'Chiropractor' or to imply that they are a chiropractor unless they are registered with the General Chiropractic Council (GCC) which is the statutory body regulating chiropractic in the UK.

*It is hoped that this information has been helpful. If you would like to try chiropractic, then please telephone to book an appointment at your nearest clinic. If you know of anyone who you think could benefit from treatment, then please pass this leaflet to them.*

**ANN FARMER**  
BSc DC MCC MMCA  
**CHIROPRACTOR**

40 WEST STREET  
LONG BUCKBY  
NORTHAMPTON  
NN6 7QE

*Mondays, Wednesdays & Thursdays*

THE NIGHTINGALE CLINIC  
12 THE SQUARE  
EARLS BARTON  
NORTHAMPTON  
*Tuesdays & Fridays*

*www.nightingale-clinic.co.uk*

TELEPHONE FOR BOTH CLINICS

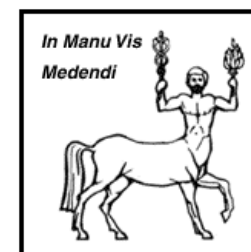
**01327 844 291**

**07767 212 053**

**As the Chiropractor is often treating patients there may be no answer, please leave a message on the answerphone and she will get back to you as soon as possible.**

**ANN FARMER**  
BSc DC MCC MMCA

REGISTERED CHIROPRACTOR



**McTimoney &  
McTimoney-Corley  
CHIROPRACTIC**

*Registered with the  
General Chiropractic Council,  
Member of the McTimoney  
Chiropractic Association and  
College of Chiropractors*

### **What is McTimoney Chiropractic?**

It is a particularly gentle and effective whole body manipulation technique which aims to correct the alignment of the spine and other joints of the body, to correct the alignment of the spine and other joints of the body, to remove the causes of pain and discomfort and to improve movement.

### **Causes of misalignment**

Bones can be moved fractionally out of place by falls, sports, lifting, accidents, childbirth, poor posture and various other causes.

### **Does the treatment hurt?**

Most people are amazed at how gentle the technique is and find it very relaxing. It is done entirely by hand.

### **Do I have to undress?**

It is best to change down to your underwear - a modesty gown is provided. A chaperone is always encouraged and welcomed.

### **What to expect from your first treatment**

A full case history is taken, including your general health background as well as details of your symptoms. Appropriate tests may be performed. This is to fully analyse your problem and to understand your overall health.

You will then be given an explanation about Chiropractic and what to expect.

Your treatment consists of an examination of all the joints of your body, literally from head to toe, with adjustments being made where necessary. A variety of light swift and dextrous techniques are used, unique to McTimoney Chiropractic, to adjust the muscles and bones.

### **How many sessions will I need?**

This varies enormously depending on what the problem is and how long you have had it. Positive changes are normally noticed after 2-6 treatments, although you may need more for best effect. Advice on self-help, lifestyle and exercise is given to aid your recovery.

### **Ongoing chiropractic care**

After a successful course of treatments, maintenance care is offered at intervals to suit the individual.

Chiropractic is also a preventative therapy and can help to prevent future potential aches and pains. It often pays to have regular treatment at intervals to suit the individual - everybody is different.

### **What to do and expect after treatment**

If possible, lie flat on your back for 20-30 minutes with a thin pillow under your head.

- Take it easy for 2 days - no strenuous exercise, no lifting, carrying or twisting. Careful getting in & out of the car.
- Drink plenty of water, for the next 24 hours especially.

For 24-48 hours you may experience:

- Different Aches
- Tiredness
- Headaches
- Emotional Changes
- A sense of being balanced/unbalanced
- Dizziness
- Various other side effects

You may even feel worse before you feel better. Remember, it is not a single session treatment for most people, and healing is a process rather than an event.

**The chiropractor is available to answer any queries before or after treatment.**