What is McTimoney Chiropractic?

McTimoney chiropractic uses a gentle, whole body approach of adjusting bones to maintain their correct alignment and ensure that the body's nearby nerve supply works efficiently.

Practitioners use speed, dexterity and accuracy to perform adjustments, employing a gentle yet effective technique. The low force nature of McTimoney chiropractic makes it suitable for people of all ages from the elderly to very young, including babies and pregnant women.

Accidents, trauma fractures, imbalanced posture, sport, pregnancy and repetitive actions such as computer use are amongst the variety of factors that can cause misalignments in your skeleton. Through these subtle adjustments chiropractic treatment can relieve pain and discomfort, increase mobility and provide a route to better health.

McTimoney chiropractic aims to treats the cause and not just the symptoms, for example, lower back pain may be caused by a problem with the foot or knee, and a McTimoney chiropractor would treat the root cause (foot or knee) as well as the symptoms (the painful back).

Can Chiropractic Help You?

If you are suffering from the following conditions, you may benefit from chiropractic care:

- Back, neck and shoulder pain
- Discomfort and stiffness in joints
- Migraine
- Muscular aches
- Sports injuries
- Arthritic pain
McTimoney chiropractors at BHNS

Two fully qualified and General Chiropractic Council (GCC) registered practitioners are available at BHNS - Michaela Faulkner and Sasha Langman. They both have been in practice for over 20 years.

Free spinal checks are available by appointment. They involve an alignment check, questions and answers as well as a rough guide as to the suitability of the therapy. They do not involve any obligation to attend for treatment.

What to expect during treatment

Your McTimoney chiropractor will initially take a record card to assess your general health, previous conditions and existing symptoms. When they give a treatment they perform fast, precise low-force adjustments where necessary to help realign the individual bones of the skeleton which are usually very comfortable to receive.

Clients can be treated wearing loose clothing, a gown or in their underwear.

How many sessions will I need?

Most people find between two and six sessions sufficient to address straightforward problems. The number and frequency of treatments depend on a number of factors including age, extent of injury, duration of injury and general health. Each individual patient treatment plan is different as no two people are exactly alike.

Preventative treatment

Although we are used to seeking help with our health when we have symptoms, many patients nowadays realise the value of preventative treatment and choose to have regular check-ups at suitable intervals.

After a treatment

To help yourself after a treatment and make the most of it there are a few things to try to do:

- Observe and try to correct your posture
- For 24 to 48 hours after a treatment be gentle with the way you use your body
- Drink plenty of water
- Avoid carrying heavy bags