

LEG PAIN

"I first contacted the clinic because I was experiencing difficulty walking and the active retirement I had anticipated was beginning to look beyond my reach as my left hip and ankle were becoming very painful. Within a short time of starting treatment walking became comfortable and my swollen ankles returned to normal size and my feet felt warm for the first time in years. It is not an exaggeration to say that I feel I have my life back thanks to Dr Westergaard and his Chiropractic skills" **Maureen**

HEADACHES

"For several years I had experienced increasing headaches and jaw pain several times each month. My GP had advised me to take painkillers, which helped but only temporarily. Dr Westergaard explained that my headaches and jaw pain were related and I started treatment.

I have not needed painkillers since then and I have not had any debilitating headaches and jaw pain."
Val

CHILDREN

"My mother in law recommended me to Dr Westergaard. My new baby's colic was really bad and he was so distressed and upset. I had tried all the colic drops and expensive bottles but nothing helped.

Even after the first treatment there was a big improvement and he was much calmer and happier. I am really pleased with the treatment."
Nicola



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NEW TO CHIROPRACTIC

Whether this is your first experience with chiropractic or have been helped by one of the worlds more than 100.000 chiropractors in the past we welcome you to our practice.

You may find it helpful to know how others have experienced their treatment at our clinic, so here are a few comments we have received from existing members from our practice who have wanted to share their experience.

We look forward to helping you.

SLIPPED DISC & SCIATICA

"After many years of living with intermittent back pain I developed a slipped disc giving me intense pain day and night and a tingling numbness in my foot. My GP referred me to a specialist told me that the situation was very serious; unlikely to ever get better and that I needed an operation, but it had no guarantee of success. I approached Dr Westergaard. He told me that given time and the right treatment a back problem like mine could heal naturally. For four months I had treatment up to three times per week and I was given valuable advice regarding what I could do to help the process. My follow-up MRI scan showed how the disc had healed and I have avoided surgery."

Andrew

HIP AND KNEE PROBLEMS

"I had treatment on hip and knee stiffness that I had accepted, in my 60's as part of the ageing process, but after three months all my symptoms have cleared.

I would thoroughly recommend the clinic."

Anita

LOW BACK PROBLEM

"I had a long term problem with my upper and lower back. After having a consultation at the clinic I haven't looked back. In my experience the results have been amazing. I am no longer in any pain and I feel energized as well."

Wendy

SPORTS INJURY

"Two years ago I injured my back in a bad fall while skiing. I went to the clinic for a second opinion and after a very thorough examination I was explained what was wrong. Treatment started straight away and I made steady progress. I feel great now and am even able to windsurf! I should have come straight away."

Jeff



SHOULDER PROBLEM

"I had been suffering for eight years since I hurt my shoulder falling down some stairs. I felt something tear inside and I knew immediately I had done something bad. I was unable to comb my hair, get dressed and it would wake me at night when I tried to turn over. The pain was there with whatever activity I did and I thought it would never get better.

A friend told me about Dr Westergaard, but I didn't have high expectations as I had already tried physio, acupuncture and osteopathy without success. However, now I can do all everyday tasks and I often forget I once had a shoulder problem. It's been fantastic!"

Penelope

ARTHRITIC PAIN

"About three years ago I started to get pain in my neck along with extremely painful headaches. After months of seeing specialists, having x-rays and scans I was diagnosed with arthritis in my spine. I had steroid injections in my neck and put on anti-inflammatory drugs and painkillers but they had side effects. After my examination at the clinic I realised that although I have arthritis, the treatment I had been given was only masking the problem and not treating the cause.

I have been having treatment for two months and I am now able to move my neck and head without the restriction, my shoulders feel loose and my headaches have all but disappeared. I just wish I had known about this treatment years ago."

Marian

INDIGESTION

"For the last year I had experienced heartburn and nausea after eating. I was diagnosed with a hiatus hernia and told there was nothing that could be done apart from taking antacids and changing my diet. Dr Westergaard was treating me for a completely different problem when I mentioned it to him. I didn't think chiropractors dealt with heartburn. He released my diaphragm which was in spasm and the heartburn stopped and I no longer need the antacids. It has been truly life changing!"

Jane