

*"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 physiotherapy, 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***

*"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***

*"It is not an exaggeration to say that I feel I have my life back thanks to Dr Westergaard." **Maureen***

- In clinic X-Ray department
- Easy on-site parking
- MRI available
- Provider for PPP/AXA, WPA and others
- Sports injury rehabilitation
- Professional female massage therapists

best practice
chiropractic

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NEW PATIENT



A NATURAL WAY BACK TO HEALTH

WELCOME

Whether you are seeking treatment for a new or a long-standing problem our team is dedicated to give you an exceptional service to accurately diagnose, provide advice and treatment of the highest standards to help you get better quickly.

HOW DOES CHIROPRACTIC WORK?

It is common knowledge that nerves control the various functions of your body. Should nerves become trapped, pinched or inflamed their ability to control and regulate your body becomes impaired and this could lead to pain, weakness, loss of stamina or numbness to mention but a few symptoms.

One of the most common areas where nerves become pinched or inflamed is where they pass between spinal bones (vertebrae), for example Sciatica(leg pain) is often caused by a nerve getting trapped in the lower back, whereas a trapped nerve in the neck area could be responsible for headaches, shoulder, arm or hand problems

Chiropractic treatment 'adjustments' are very precise corrections designed to free the areas where the nerves get 'pinched' or trapped. As the nerve pressure /irritation is reduced the symptoms usually improve and a sense of normal begins to return.



YOUR INITIAL VISIT

In order to establish how we can help you and determine what treatment you will benefit from your initial consultation will start with taking a thorough case history.

This will be followed by an examination which includes chiropractic, orthopaedic and neurological tests to clarify the diagnosis - a gown to wear during the examination is provided. If X-Rays are necessary to uncover hidden structural or clarify other long- standing problems we have modern X-Ray facilities on-site for your convenience.

Once the examination is complete, we will explain the findings and outline the appropriate course of action. A parent, spouse or partner is encouraged to join you for this 'Report of Findings' as it contains many details and there will also be time to ask questions you may have.

If we are unable to help you will be advised accordingly and told if another treatment is more appropriate.

CHIROPRACTIC

Consultation, Examination & Diagnosis	£ 50
Treatment session	£ 34
Treatment Children 1-16 years old	£ 28
Treatment Babies up to 12 months	£ 22
X-Ray Examination (1series)	£ 50

PROFESSIONAL MASSAGE THERAPY

Therapeutic massage ½ hour	£ 30
Therapeutic massage 1 hour	£ 55
Therapeutic massage 1½ hour	£ 80
Triggerpoint Therapy 15 min	£ 15