

KENILWORTH
CHIROPRACTIC CLINIC

“Chiropractic care is more effective, safer, scientifically valid and cost effective for the treatment of low back pain, than all other major alternative treatments available.

Manga P, Angus D et al. (1993)
‘The Manga Report’



KENILWORTH
CHIROPRACTIC CLINIC



WELCOME

Welcome to Your Chiropractic Clinic!

Here at the Kenilworth Chiropractic Clinic we pride ourselves on being a personable and friendly establishment where fantastic service in comfortable surroundings are all part of getting our patients back to health and fighting fit.

Chiropractic care focuses on an array of specific manipulative techniques that are designed to restore the functionality of the nervous system and joints, relieving pain and discomfort. Chiropractic is a purely natural treatment that does not involve taking any medications or carrying out surgery. Your Chiropractor is fully qualified, registered and certified with years of experience in their fields.

The information in this pack will aim to provide you with all of the information that you need to know about the Clinic, Chiropractic treatment, your Chiropractors, and how to get the most out of your treatment so that you get better quicker and stay better for longer.

We promise to work hard to ensure that your experience is as pain free and easy as possible, so that you can fully focus on your recovery. Should you have any questions our wonderful team will always be happy to help.

Thank you for choosing Kenilworth Chiropractic Clinic.

MANAGEMENT TEAM



Jan Bilby
Practice Support



Beth Marsland
Marketing Manager



Dionne Turpie
Practice Manager

RECEPTION TEAM



Sue Smith



Natasha Burges



Cate Daly



OUR FEES

Adults

- Consultation £90
- Treatment Fee £49
- X-Ray £60
- MRI Scan (per region) £275

Children (under 16yrs) / Student (ID required)

- Consultation £90
- Treatment Fee £39

We accept a range of payment methods including cash, cheque and major credit and debit cards. If you choose to use your health insurance policies or health cash plans our helpful team are always happy to help with any insurance queries and able to provide additional receipts and print balance statements on request. Patients are responsible for managing their own health insurance and should contact their provider before beginning any treatment.

If you are paying for your own treatments you may wish to pay per session or use our treatment discount schemes.





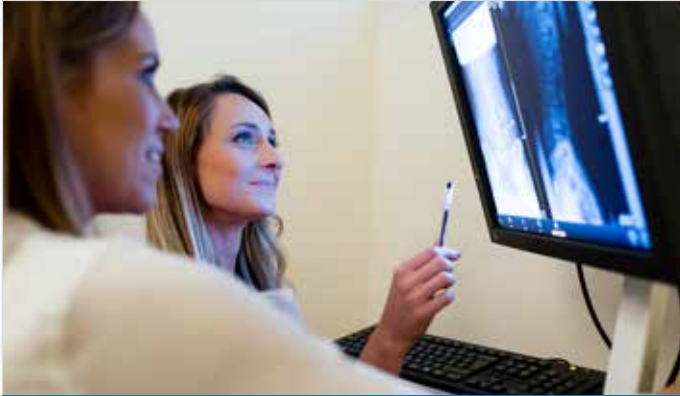
FAMILY AND FRIEND CONSULTATION DISCOUNT (FOR JUST £45)

Do you know anybody that may benefit from Chiropractic care? If they tell one of our helpful team that you recommended them your friend or relation will receive a massive half price discount on their consultation (normally £90). In addition we will also include any clinically necessary x-rays for FREE (normally £60)

THAT'S A HUGE £105 SAVING!!!!

Spread the word about Kenilworth Chiropractic Clinic today!





YOUR TIME IS IMPORTANT TO US

In order to be as thorough as necessary it is very important that we undertake a complete consultation and examination on your first visit. This normally takes approximately 45 minutes, x-rays may also be taken (if clinically indicated) at this time using our on site digital facilities.

You will then be invited back for a full report of findings which normally takes around 30 minutes. At this time we will discuss with you your diagnosis and treatment options and you will be able to begin your treatment at this appointment if we feel chiropractic will help you.

Treatment sessions take approximately 15 minutes. However additional time is always booked where necessary and progress assessments or additional examinations will also require extra time. Your Chiropractor will explain when these will be necessary

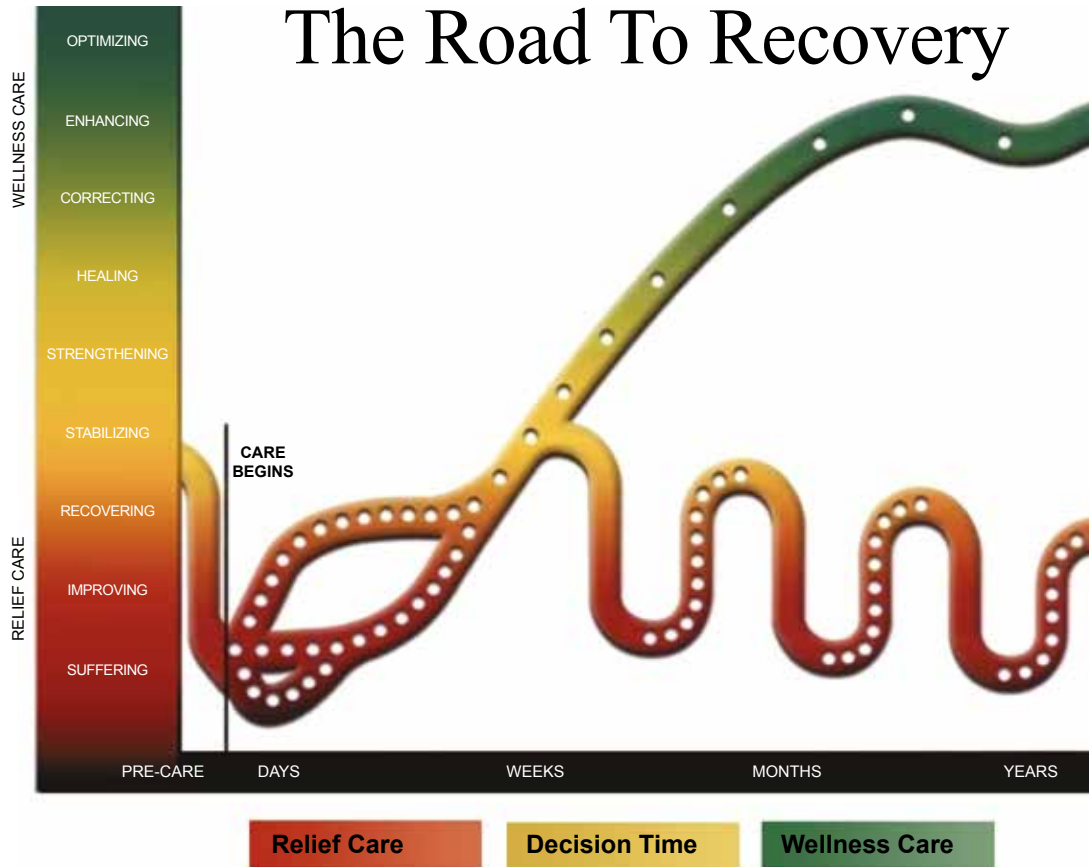
and there is no additional charge for this time. We understand that your time is precious, and although we always endeavour to run to time we apologise in advance should unforeseen circumstances ever keep you waiting for your appointment.

APPOINTMENT CANCELLATIONS

Cancelled appointments are precious. As the clinic is very busy we often rely on cancelled or rescheduled appointments in order to fit in emergencies, and we often have waiting lists running.

Please try to give us 24 hours notice if you need to cancel or change an appointment. Although we completely understand that very occasionally things happen or go wrong, we regret that anyone who misses more than one appointment without sufficient notice will be charged for their missed appointment.

The Road To Recovery



THE ROAD TO RECOVERY

RELIEF CARE

Most patients consult our clinic because they have an ache or a pain. Their goal? Relief. That's our first objective. A thorough examination reveals the areas of spinal dysfunction. Then we offer a care plan designed to give you the best results in the shortest amount of time. Visits are more frequent during this period of intensive care. Each visit builds on the ones before, so keep your appointments to get the best results.

DECISION TIME

When you're feeling better, you'll have a decision to make. Will you continue with the care necessary to fully heal and strengthen? When you continue your care, visits are less frequent and progress will be less dramatic. If you end your care before full correction and conditioning, you can invite a relapse.

Whatever your choice, we're here to serve and help support you in your decision.

WELLNESS CARE

Your health affects everything you do and everyone you know. With so many people depending on you, it makes sense to invest in your health. A programme of Chiropractic check-ups can help you be the caring parent, the loving spouse, the understanding friend or the dependable employee.

Invest in your health. You're worth it!



KENILWORTH CHIROPRACTIC CHANNEL ON YOUTUBE

OUR YOUTUBE CHANNEL - REHABILITATION EXERCISES

OUR YOUTUBE CHANNEL - REHABILITATION EXERCISES

An important part of your recovery is your home rehabilitation programme of exercises. These are exercises that are tailored to your needs to get you back to full strength as quickly as possible and to help with future injury prevention.

Your Chiropractor will work with you through a plan of strengthening and conditioning exercises and stretches. To help guide you further we have filmed a large number of these and put them on our YouTube channel. We wanted to make it super easy and convenient to get access to exactly what you need to do and when.

Search for 'Kenilworth Chiropractic Channel' on YouTube and enjoy the fantastic Dr Pete explaining all.





CHIROPRACTIC FOR BABIES AND CHILDREN

Many people don't realise that we treat little ones too! You may wonder why an infant might need Chiropractic care in the first place, but increasingly more and more parents are seeing the benefits of Chiropractic care for their children having chosen to get their little spines checked.

It has been suggested that the cause of many newborn health complaints such as colic, reflux, breastfeeding difficulties, sleep disturbances and chronic infections can often be traced to nervous system irritation caused by spinal and cranial misalignments a possible cause of which being spinal trauma that can occur at, or prior to birth.

Many developmental milestones such as learning to hold up the head, sitting upright, crawling, and walking are all activities that are affected by spinal alignment and are important times to have a child checked by a chiropractor. Additionally, falls, sports injuries, playground bumps, heavy school bags and sitting all day in the classroom are all physical stresses to the growing child's spine and nervous system.







CHIROPRACTIC CARE DURING PREGNANCY

Pregnancy can be a really exciting time for parents as they get ready for their family to grow with baby's arrival. As baby grows, mum's body changes as she prepares to give birth. Sometimes these changes can be uncomfortable or painful, with about three-quarters of pregnant mums suffering from pain in their back or pelvis. This is one reason that so many pregnant mums seek chiropractic care.

IS IT SAFE?

The good news is that Chiropractors can tailor the care they provide to each individual patient and the research suggests that chiropractic care during pregnancy is very safe for both mum and baby.

WHAT DOES THE RESEARCH SAY?

In one study, researchers in Switzerland followed 115 pregnant women for a year who went to see a chiropractor with low back pain. They found that over half of the patients said they 'improved' after just 1 week of chiropractic care, and after a month that figure had grown to 70%. By the end of the study, 90% of the mums who entered the study said their pain was better. Over 85% of the mum's said they were happy with the care they received from their chiropractor.



YOUR NERVES CONTROL EVERYTHING

The nervous system controls and coordinates every function of the human body. Therefore, interference with the nervous system will have a broad effect on function of the body. It is your nervous system that allows you to adapt to, and live in your environment.

A large portion of your nervous system passes through your spine. It is your spinal cord that acts as the major cable exiting your brain, travelling down inside your spinal column and branching off into spinal nerves at various levels of your spine. These spinal nerves go to the various parts of your body.

To be healthy it is essential that your nervous system functions properly and is free from any interference, the image above demonstrate how problems in each of these different areas of your spine can lead to the type of symptoms that so often bring people to see us.

PATIENT SATISFACTION

“Chiropractic patients were found to be more satisfied with their back care providers after four weeks of treatment than were medical patients. Results from observational studies suggested that back pain patients are more satisfied with chiropractic care than with medical care. Additionally, studies conclude that patients are more satisfied with chiropractic care than they were with physical therapy after six weeks.” American Journal of Public Health, Hertzman-Miller et al. (2002).







ANIMAL CHIROPRACTIC

WE TREAT YOUR ANIMALS TOO!

As an animal and human Chiropractor, Dr Shanelle initially completed a 5 year integrated masters (human qualification) followed by a postgraduate course at Options For Animals UK, to be able to look after animals at the highest level.

Shanelle is registered with the General Chiropractic Council and is part of the Register of Animal Musculoskeletal Practitioners.

Dr Shanelle has a passion for treating animals big and small and understands the important of the animal/human team, animals perform better and re-exacerbations are more easily prevented when riders (horses) and handlers (dogs) are adjusted too.

For more information call or ask at reception, Shanelle is happy to answer any questions you may have about how she can help you and your four legged friends.

COMMONLY ASKED QUESTIONS

Is the treatment painful?

The treatment provided by chiropractors is usually painless, unless there is inflammation in the area. In order to make all patients as comfortable as possible and provide the best possible experience our treatments are modified and structured around the individual needs of the patient.

It is perfectly natural if you feel stiffness or feel tired after the initial treatment, this is a natural response to the manipulation of the spine. We've found through our experience that every patient responds slightly differently to treatment.

Can Chiropractors help osteoporosis?

Osteoporosis affects the bones making them brittle and weak due to lack of calcium, this is particularly common in women after the menopause. Our chiropractors are able to carry out various treatments to help ease the pain that Osteoporosis can cause as well as provide you with advice and guidance on methods to help fight the problem. Chiropractic care in this case can help keep joints flexible, helping to improve balance and strength to minimise the risk of falling.

How often will I need treatment? When should I be checked?

Chiropractic aims to reduce pain and improve mobility, strengthen and stabilise the injured areas, and maintain long term correction. The number of treatments required depends entirely on the individual condition and is based on how long the problem has been there and the severity of the injury. Treatment tends to be more intensive initially in order to re-train the joints and muscles to work correctly. Most people will see an improvement in their symptoms within 1-2 weeks, after which they will be seen by the chiropractor less frequently as they continue to improve. Once a problem has been fully corrected many of our patients choose to attend our practice for maintenance care check ups from time to time to ensure long term correction is achieved and a sense of well-being maintained.

What about a good diet and exercise?

A balanced diet and regular exercise will certainly help your condition, but will not necessarily deal with an existing problem in the same way as a chiropractic method. While exercise will increase your fitness and core strength, chiropractic can pinpoint problem areas that are reducing your body's efficiency and flexibility.

Can I get over treated?

Every chiropractor we employ is well trained and uses their expertise to diagnose your problem, and to evaluate when it is appropriate to give treatment and, more importantly, when it's not. Every case is different, but it is unlikely that you will be over exposed.





DR PETE'S TOP TIPS AND ADVICE

We get asked lots of questions in clinic about how best to do certain activities or about how you can best look after your bodies, so we thought we would compile a ton of our most commonly asked questions and pop the answers on to our

YouTube channel!

<https://www.youtube.com/user/thechirochannel>

Things like:

How do I set up my car seat correctly?

Which is the best chair to buy for work?

Which pillow should I choose?

How to lift correctlyand many many more!

Why not check it out and if you have a question that you would love us to create a video for, just let us know! ... if you are wondering it, then someone else probably is too!!



How to lift correctly?



Which is the best chair to buy for work?



Its not all just about Chiropractic at Kenilworth Chiropractic Clinic, why not make an appointment to see one of our other wonderful practitioners.

THERAPEUTIC AND SPORTS MASSAGE THERAPY

The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. Above all, it can help prevent those niggling injuries that so often get in the way of performance and achievement, whether one is an athlete, ardent keep-fitter or a once a week jogger.

Deep tissue or sports massage is based on the various elements of Swedish massage and often incorporates a combination of other techniques involving stretching, compression, friction, toning, and trigger point response techniques similar to Acupressure and Shiatsu. The skilled therapist brings together this blend of techniques, knowledge and advice during treatment, to work effectively with the patient to bring about optimum performance and to provide injury-free training and minimise post event injuries.



ACUPUNCTURE - CLASSICAL ACUPUNCTURE WITH YVETTE GILES

Classical Acupuncture and Moxibustion therapy are ancient forms of healing that support the balanced flow of energy within the body. The acupuncturist seeks to understand and support the patient's unique energetic balance. By treating the Causative Factor, the patient's underlying constitutional weakness, healing is supported on the most profound level. Chronic and long-standing problems often fade into memories.

Classical Acupuncture considers the health of the body, mind, and spirit to be equally important in overall health. In contrast, symptom-based approaches use formulas to treat the current problem and often miss the underlying reason why the individual is sick. Ultimately, health is not just the absence of symptoms or disease. It is the vitality, clarity, and energy we need in the pursuit of a rich and fulfilling life.

To book with **Yvette** call **07762 311074**



DR PETE'S HAPPY KITCHEN

At Kenilworth Chiropractic Clinic we believe that healing is an inside job and that food is the best medicine! So why not check out our series of Dr Pete's Happy Kitchen videos on our Youtube channel, the focus being cooking with healthy healing foods! Learn quick and easy recipes for the whole family from gut nourishing bone broth and anti-inflammatory soup to kids frozen banana smoothies and on the go paleo snack bars!

Go to: <https://www.youtube.com/user/thechirochannel>



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CONTACT US

Kenilworth Chiropractic Clinic
125 Warwick Road
Kenilworth
Warwickshire
CV8 1HY

Tel: 01926 865985

Email: enquiries@kenilworthchiropractic.com

www.kenilworthchiropractic.com

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125 Warwick Road, Kenilworth, Warwickshire CV8 1HY

Tel: 01926 865985 **www.kenilworthchiropractic.com**