

Make an appointment today!

You can also log onto

www.chiropractic-uk.co.uk

or call the BCA on

0118 950 5950

if you want to know more
about chiropractic, or find your
local practitioner.

**Your whole family can
benefit from chiropractic!**



Can a chiropractor treat a newborn baby?

Yes, in fact the sooner your baby is checked, the sooner any injury or stresses from the birth can be dealt with safely and gently. Some chiropractors treat mothers and babies as an area of special interest.

Can chiropractic treatment be given during the first months of pregnancy, or in labour?

Yes. Your chiropractor will use safe, often gentle techniques that are suitable for your condition. He or she may also advise you on diet, posture and exercise. Some chiropractors work closely with their local health visitors and midwives.

Don't children 'grow out of it'?

Not necessarily. Problems with their spines and nervous systems might not show obvious symptoms for years. Colic, ear infections, learning difficulties or frequent illness may be signs that your child's nervous system is not working efficiently.

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For further references please go to the BCA website - www.chiropractic-uk.co.uk



British
Chiropractic
Association

Telephone: 0118 950 5950

E-mail: enquiries@chiropractic-uk.co.uk

Website: www.chiropractic-uk.co.uk

Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make often gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.

Members of the British Chiropractic Association (BCA) abide by a strict code of ethics and the association only accepts members who have graduated from a nationally or internationally-recognised college of chiropractic education after a minimum of four years full-time training. The BCA ensures its chiropractors maintain high standards of conduct, practice, education and training. Like medical practitioners and dentists, all chiropractors are registered by law.

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Happy Families



Chiropractic - the natural health choice for the whole family

Having a family is so natural, but it doesn't always go smoothly. Your BCA chiropractor may help you to enjoy your pregnancy and avoid some of the more uncomfortable effects, including changes in posture, due to weight gain, that cause pain in your back, buttocks, groin and legs.

Because of the way in which ligaments and muscles are attached to the pelvis, effects of postural strain may influence the positioning of your uterus and therefore the birth canal. Ensuring that this area of your body is functioning correctly may make the potential trauma of birth easier for both mother and baby.

Birth trauma

Although a natural process, birth is sometimes traumatic for both mother and baby, Chiropractic may help you and your baby recover from any birth trauma. Treatment aims to relieve the stress that can affect your baby's neck and head, especially if forceps, or other medical assistance was involved or if it was a breech birth.

There is evidence to show that chiropractic care has helped children with:

- asthma
- colic
- prolonged crying
- sleep and feeding problems
- breathing difficulties
- hyperactivity
- bedwetting
- frequent infections, especially in the ears

Growing pains

Continuing chiropractic care is important. In addition to children growing very fast, the rough and tumble of growing up puts a lot of strain on their spines and nervous systems. Your BCA chiropractor is trained to find and help problems of the musculoskeletal system that may lead to difficulties in later life. Chiropractors often recommend that children receive check-ups, particularly if there has been any trauma.

Too many children suffer neck or back pain, headaches or other joint problems which are put down to 'growing pains' when chiropractic can provide fast, effective relief.

As for you - picking up your child as he or she gets bigger and heavier may put increasing pressure on your own spine and joints.

A natural solution

A natural process deserves a natural health choice. Chiropractic is drug-free and effective for your whole family. It involves safe, often gentle, specific adjustments, done by hand, to unlock joints that are not moving properly. This allows your body to use its own healing ability to keep you fit and healthy.

Your BCA chiropractor is trained and experienced in a very wide variety of techniques designed to help you deal with the stresses of pregnancy, and keep you and your baby fit and healthy afterwards. Rest assured - the chiropractor will use the technique most often gentle and appropriate for the patient, however small!

A healthy future

As your children grow up, you will be getting their eyes and teeth checked regularly. Consider giving them regular chiropractic check-ups too, which could give them the best start in life with a healthy spine and nervous system. Get yourself checked out at the same time - many women have found that their general health, as well as period pains, back pain and headaches, have improved with chiropractic care.

