

## Why Do You Need Chiropractic?



Chiropractors look at the biomechanics and the co-ordination of movement of all joints with an emphasis on the spine. Small abnormal spinal dysfunctions can lead to significant changes in our body, such as increases or decreases in muscle tone, irritation of spinal nerves, pain, altered posture and increased loading on joints, muscles and ligaments.

You might say, 'I don't feel any of the things you mentioned. I have no pain. Why do I need chiropractic care?' Often, some the above symptoms are not felt or are not obvious to the untrained person.

Our chiropractors perform comprehensive spinal assessments and discuss their findings so that you can make an informed decision about taking care of your spine. They also perform pre and post treatment checks to ensure that your body is responding appropriately.

Treatment is specific to personal need and circumstances. Chiropractors utilise a variety of techniques, therefore, a broad cross section of society, including the elderly, frail, children and pregnant women can benefit from chiropractic. Many athletes receive chiropractic care as they understand that when placing their bodies under the significant loading of sporting activity they need to be functioning at their very best.

Chiropractors strive to improve movement so everyone can function at their best.