

## Chiropractic is effective for:

- Low Back Pain
- Sciatica
- Neck Pain and Stiffness
- Headaches from the neck
- Migraine & Migraine prevention
- General aches and pains
- Tension and Inability to relax
- Joint pains
- Minor sports injuries
- Ankle sprain \*
- Muscle spasms and cramp
- Shoulder complaints
- Rotator Cuff injuries
- Plantar fasciitis \*



\*short-term management

## Chiropractic is suitable for:

- All ages and stages of life, from babies and small children to the elderly

## Chiropractic is:

- The third largest regulated healthcare profession after medicine and dentistry
- Concerned with the diagnosis, treatment, and prevention of mechanical disorders of the musculo-skeletal system of the back with emphasis on manual treatments including spinal manipulation or adjustment.

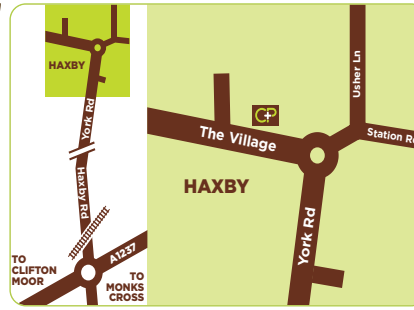
*Chiropractic... so often the answer*

## Haxby

34a The Village  
Haxby, York  
YO32 3HT  
T: 01904 766966

### Opening Hours

Mon - Thu: 9am-6.30pm  
Friday: 9am-1pm

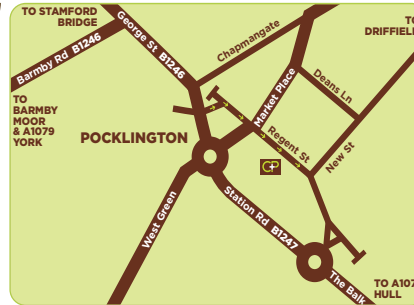


## Pocklington

12 Regent Street  
Pocklington, York  
YO42 2QL  
T: 01759 303289

### Opening Hours

Mon - Wed: 9am-5.30pm  
Thu & Fri: 9am-6.20pm



Chiropractic Plus offers an all encompassing pain relief, health and well being service for you and your family...

- **Chiropractic**
- **Acupuncture**
- **Massage**
- **Clinical Psychology**
- **Exercise Plans**
- **Facial Reflexology**
- **Pilates**
- **Reflexology**

Chiropractic is recognised by most health insurers (BUPA, AXA PPP, Simply Health and most others)



Chiropractic  
Plus

Pain Relief

Rehabilitation

Wellbeing

*There's more to  
chiropractic than pain relief..*

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www.chiropractic-plus.co.uk



# Hands-on Approach

As chiropractors, we specialise in the diagnosis, treatment, prevention and management of conditions arising from mechanical disorders of the musculo-skeletal system, related to the spine.

Chiropractic is derived from the Latin cheiro (by means of the hand) and the Greek praktikos (practical). In keeping with our origins, at Chiropractic Plus we take a hands-on approach to treating your problems, which is drugless and non-surgical.

All our chiropractors use various skills including manipulation, mobilisation, soft tissue therapies, massage, acupuncture and dry needling to name but a few. These will usually be accompanied by advice and information on specific exercises, sitting and sleeping postures and diet to aid your recovery.

By drawing on additional therapies and supportive products, we aim to speed your recovery using our three stages of care.



# The 3 Stages of Care

There is more to chiropractic than just pain relief and in many cases we progress to corrective work to address the underlying causes of your discomfort.

When you are feeling better, we also recommend regular check-ups to maintain good health and prevent problems from recurring or future issues arising. We call these types of care our three stages of care:

## Pain Relief

**Stage 1:** Easing stiffness, relieving pain to get you moving again. Drugless and non-surgical in approach.

## Rehabilitation

**Stage 2:** Finding and fixing the underlying causes. Building a stronger, more flexible body.

## Well Being

**Stage 3:** Maintaining your health with regular check-ups to help prevent old problems recurring or future issues arising.

# Clinic Information

We run clinics Monday to Friday at Haxby and Pocklington. We have no waiting lists and aim to see you quickly at a time that suits you. We run evening clinics at Haxby & Pocklington. No referral is required to see our chiropractors.

Local shoppers car parks are close to all our clinics. There is free on street parking at Pocklington and Haxby. Additionally at Pocklington we have a private clinic car park through the archway beside the clinic.

# Prices

Our fees for self-funding clients are:

**New Patient appointment (1 hour) £49**

**Follow up treatment (15–20 minutes) £32**







Payments can be made by card, cash or cheque at the time of appointment.

(Prices correct at time of print.)

A fee may be charged if an appointment is missed or cancelled without 24 hours notice

**We also accept insurance including:**

BUPA, AXA PPP, Simply Health and most others.

	<b>Steen Sorensen</b> D.C. Clinic principal		<b>Carol Latto</b> D.C. Clinic principal
	<b>Anna Wilson</b> MChiro Clinic Associate		<b>Alex Tierney</b> MChiro Clinic Associate
	<b>Kristian Araneda</b> MChiro Clinic Associate		

# Your First Visit

Please allow up to 1 hour for this first visit, to allow time for:

- Case history taking
- Thorough physical examination
- Diagnosis
- Treatment care plan to be made
- Informed consent to treatment
- First treatment\*

\*Occasionally we may need to arrange further investigations, such as MRI scans, or onward referral rather than progress to treatment

Our chiropractors are registered with the General Chiropractic Council and members of the British Chiropractic Association

[www.chiropractic-plus.co.uk](http://www.chiropractic-plus.co.uk)

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Pocklington: 01759 303289

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