

In Mana Vis Medendi

Welcome...

The Active Spine & Sport Healthcare Centre has an excellent reputation for providing highly effective pain relief and care.

People consult this centre for many different reasons - some may have been to a Chiropractor before while others are making new choices in their healthcare.

We provide professional care in the detection, correction and prevention of nerve interference by using many different treatment protocols directed to the removal of vertebral subluxations. This allows the full expression of your birthright ...the expression of your individual health potential!

We recommend preventative check-ups and as part of treatment protocol we provide nutritional/dietary advice, exercise programmes and lifestyle modifications ...at no extra cost! Our priority is to keep you healthy, pain-free and to help you achieve your health goals.

Patients are encouraged and supported to participate in all phases of their healthcare thereby enriching and producing more harmony in their lives.

At the Active Spine & Sport Healthcare Centre we loan tapes/videos/books to help you achieve your health goals. The centre will do everything possible to help you regain and maintain your health.

Pre-Care Public Talks

Dr Jeffrey McTavish is available to speak to your group or organisation on chiropractic & holistic healthcare.

Health returns in cycles, rehabilitating the spine takes time...



Active Spine & Sport Healthcare Centre provides healthcare for...

Infants and children

Many children suffer with sleeping and feeding problems, colic, breathing difficulties, prolonged crying, asthma, bedwetting, bowel problems, hyperactivity, frequent infections, growing pains and allergies. It is wise for children to have their spines checked. *Why?* Because most children's spines have hidden subluxations that could have been caused by baby's head/neck being stressed in the womb; traumatic birth, breach/forcep delivery; tumbles/falls as a toddler.

Pregnancy

Rapid physical changes can aggravate existing problems and make the spine/pelvis unstable which can lead to pain in the back, buttocks, groin & legs.

Sedentary workers

Jobs that require prolonged sitting or standing may lead to a dysfunctional/subluxated spine.

Accidents

Life has many surprises from road traffic accidents to falling off stools. Chiropractic teaches that reducing/eliminating the irritation to the spinal nerves can cause the body to operate more efficiently and comfortably. Repeated and effective adjustments have proved successful for many thousands of patients.

Athletes

Research shows that Chiropractic care can increase endurance, strength and mobility thereby enhancing an active sports life.

The Elderly

Age gracefully, maintain health & vitality through Chiropractic care.

Chiropractic Care works best in three phases & restores healthy bodily functions

Initial Intensive Care

If an ache, pain or other obvious symptom has prompted you to begin chiropractic care, the first thing you want is to feel better. Your centre visits will be frequent and your adjustments may be combined with other procedures to help offer relief. Depending upon your age, condition and lifestyle, repeated visits over weeks or months may be needed to reduce or eliminate your symptoms.

Rehabilitative Care

Muscle and other soft tissue damage often remain after your original symptoms have improved. Rehabilitative care stabilizes your spine and promotes more complete healing. Visit frequency is reduced and you may be encouraged to supplement your care with exercises or other self-care procedures. With your ache or pain gone, true healing can occur. Stopping care now may risk relapse.

Wellness Care

When maximum improvement is reached, periodic chiropractic checkups are recommended. These wellness visits can detect and help correct new problems before they become serious. Health conscious adults choose this type of care for themselves and their children. Like other preventive health measures, Wellness Care can save time and money by helping you *stay* well!



Chiropractic care is safe, gentle, effective and drug-free and in many cases, significantly reduces the patients' distress.

Active Spine & Sport Healthcare Centre provides...

Pre-Care/Chiropractic Wellness Appointment *Free*

One of the first contacts people have with the centre is the *free* pre-care appointment where your health is discussed in confidence. The Chiropractor assesses your health problems and will scan your back for a thermographic analysis before providing information on treatment. This visit is an excellent opportunity to bring along family/friends to find out how Chiropractic healthcare can help!

Initial Consultation

This appointment is for gathering more detailed information. A full medical case history is taken prior to the sharply focused physical examination that includes orthopaedic and neurological tests, posture and gait analysis, static and motion palpation, and if necessary X-rays; thus allowing a thorough assessment of the function of the spine and nervous system. The thermographic analysis is also repeated to demonstrate and support the findings. This thorough examination enables the doctor to provide a differential diagnosis, pinpoint the abnormalities causing the pain, and develop a blueprint for treatment.

Report of Findings

On your next visit a comprehensive report of findings is provided ...this includes a video, and a review of x-rays (if taken), physical examination and history findings. Recommendations for a chiropractic care programme are made for your consideration and are aimed to provide you with a good understanding of how Chiropractic can help you achieve your health goals.

Appointments

Appointments are scheduled to ensure maximum benefit for your recovery. It is essential that any missed treatments be made up so that the spinal correction is maintained. Notice is appreciated if any situation arises that necessitates a change. Charges may be levied for late cancellation or missed appointments.

Time

Initial consultation lasts one hour. Subsequent visits are 15 mins peak or 30 minutes off peak per treatment.

Payments/Block Bookings and Family Rates

Payment by cash, cheque or credit card is payable at the time of treatment. Block bookings are available with 10% reduction on 12 visits (no time limit). Family rates are also available (please ask).

Check-ups

For those who have been out of care for sometime, this is the perfect opportunity to ensure that pain doesn't return. Although you may have no symptoms, spinal subluxations can effect your nervous symptom system, ultimately affecting your health. A *free* spinal check-up is recommended.

Your wellbeing is our priority

The Windsor Clinic
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Active Spine Hours

Tuesday	8.00am - 7.30pm
Thursday	8.00am - 7.30pm
Friday	8.00am - 7.00pm
Saturday	9.00am - 1.00pm

Dr McTavish has been in practice as a licensed Doctor of Chiropractic since 1999. He attended the AECC in Bournemouth with an MSc in Chiropractic. He is committed to providing the very highest quality care and has completed post-graduate professional education in order to stay current with advances in diagnosis and treatment of spinal injuries and problems.

Dr McTavish is trained in a variety of Chiropractic Techniques, including...

- ▶ Sacro Occipital Technique
- ▶ Activator Methods
- ▶ Applied Kinseology
- ▶ Myofascial Dry Needling

Dr McTavish's ethos is in natural medicine, good nutrition and positive mental attitude, all of which complements chiropractic healthcare ~ he believes that our health lay in our own hands.



for further details phone
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CHIROPRACTIC



Dr Jeffrey McTavish
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Chiropractor