

# CHIROPRACTIC

Information



**The Windsor Clinic**  
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# Welcome to the Windsor Clinic

The Windsor Clinic has an excellent reputation for providing highly effective pain relief and care.

People consult this clinic 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 can also 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. The clinic will do everything possible to help you regain and maintain your health.

## Pre-Care Appointment - FREE spinal check



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; (taken at a different location) thus allowing a thorough assessment of the function of the spine and nervous system. Digital Infrared Thermal Imaging (DITI) analysis is also performed to demonstrate a functional analysis of your symptoms which helps support the exam 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 watching a DVD, a review of your physical examination, history, DITI findings plus a review of x-rays (if taken). 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

Initial consultation lasts one hour. Subsequent visits can be either 15 minute or 30 minute appointments depending on recommendations of your doctor. 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.

## Payments/Block Bookings and Family Rates

Payment by cash, cheque, credit or debit card is payable at the time of treatment. Block bookings are available. Family rates are also available ...please ask!

Your wellbeing is our priority

# The Windsor Clinic

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? Most children's spines may 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 and 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 and 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 clinic 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.

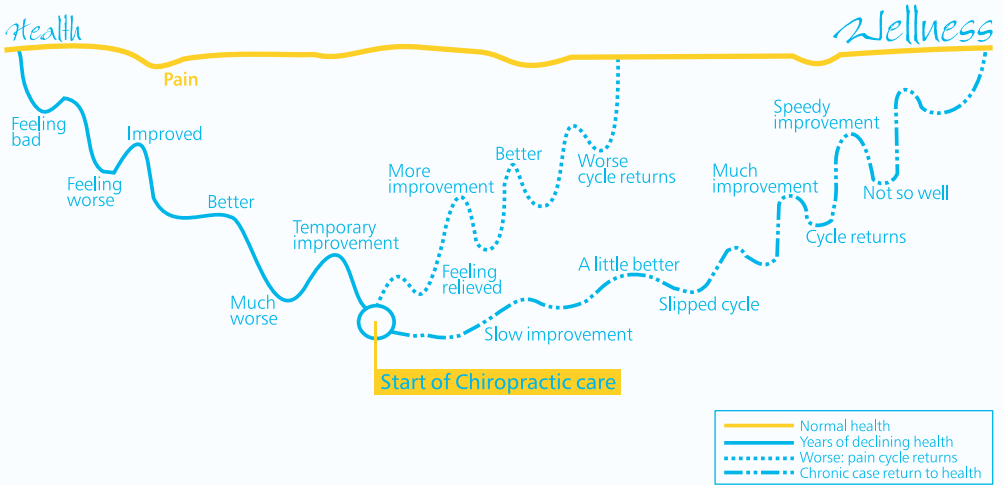
### Rehabilitative Care

Muscle and other soft tissue damage may remain after your original symptoms have improved. Rehabilitative care stabilizes your spine and promotes more complete healing, by allowing your nerves that communicate between your brain and body to have an interference free communication. 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 a relapse in your symptoms.

### 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!

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

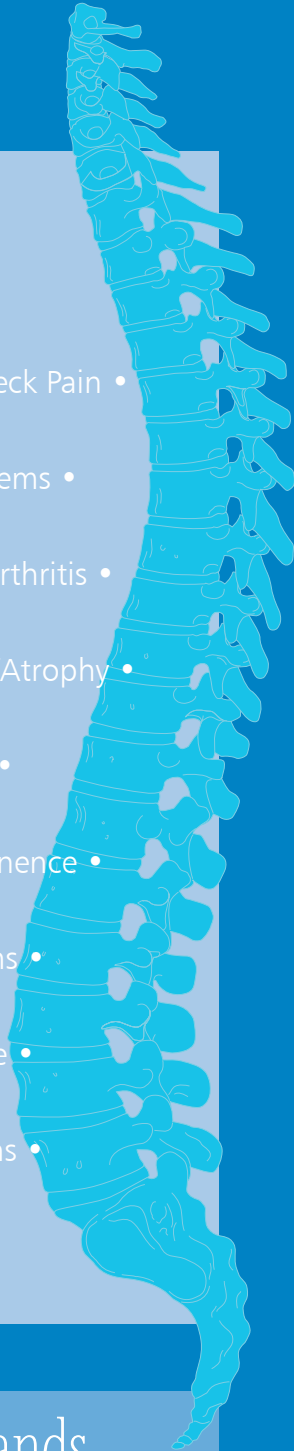


“Chiropractic care is safe, gentle, effective and drug-free, and in many cases significantly reduces the patients’ distress”.

# Active Relief From

- Migraines • Back Pain • Whiplash Injuries • Neck Pain •
- Shoulder Pain • Arm/Leg Pain • Foot Problems •
- Bursitis • Tendinitis • Osteoarthritis (DJD) • Arthritis •
- Rheumatism • Muscle Pain/Weakness/Stiffness/Atrophy •
- ME • Chronic Fatigue • Fibromyalgia •
- Sciatica • Digestive Disorders • IBS • Incontinence •
- PMS • Menopause • Pregnancy Problems •
- Vertigo • Dizziness • Visual Disturbance •
- Blood Pressure Irregularities • Chest Pains •
- Sports Injuries •

Our health lay in our own hands





Dr Jeffrey 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

Now treating small animals and equine patients as well!

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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