

What does chiropractic involve at Hands On?

1. A thorough history of you as an individual, and reason for you wanting chiropractic healthcare.
2. Then a comprehensive examination to check that you will be able to respond to the healthcare approach of Hands On.
3. The Hands On approach will be tailored to you, and any health goals you have.
4. Initially the frequency of adjustments will be greater when the problem is acute and painful.
5. The healing time is generally longer when the problem has been there longer.
6. The usual time frame for tissue healing in a healthy adult is 6 to 12 weeks.
7. The Hands On approach will consider the physical, the emotional and biochemical aspects of your health.

There are many clinical approaches in the chiropractic adjustment for us to consider when deciding what is best for you personally.

- At Hands On we use a 'whole body approach'.
- For elderly and infant presentations we choose to use only 'non-torsion' or 'non-twisting' adjustments.
- A very light finger pressure or the use of an activator hand held instrument with minimum force is often what is best for adjusting the spine, skull and limbs in a baby or a child.
- In teenagers and adults, pelvic blocking may also be utilised to balance the pelvis and legs, providing a stable and balanced foundation for the spine. Gentle finger pressure around the head and neck area helps to release the often painful compensations that may be experienced in the neck, when the body is out of balance.
- The adult worker or sports person may be offered a greater range of clinical approach and this may include the traditional manipulation with the twist/manipulate action. A 'small popping' may be heard as the joints unlock and gain freedom to move.

The five years of university training equips the chiropractor with skilled decision making as to the best clinical approach in each case.

At Hands On we especially want you to have a good understanding of these clinical approaches.

ASK QUESTIONS/LET THE HANDS ON CHIROPRACTOR KNOW WHAT YOU ARE THINKING.

The clinical approaches and the program of care are discussed with you personally in your report appointments and at the regular focus appointments. We also offer free of charge one-on-one education classes in self help, exercises and diet; just ask for a class if you get lost or want to know more.

We look at your triad of health during your health journey at the Hands On practice. The triad of health emphasises the inter-relationship between your physical, biochemical and emotional health.

The Hands On chiropractors see you as an individual who wants to help themselves achieve good health, and then wants to stay healthy without the unnecessary use of drugs and surgery.

The Hands On chiropractor is your 'health coach' and their role is to provide care and advice for you to maintain a steady reliable improvement in your health. Our reputation is built on great results. Hands on will give you the self help information to get it all happening as quickly as possible.

The regular focus appointment

It is necessary for us to conduct regular progress examinations to know that you are progressing as we are both expecting. The purpose of the regular focus examination is to ensure that your individualised program of care is changing appropriately to match your changing needs as you are healing.

We have many many years of experience in finding that the body will gradually, as it is ready, start to reveal what it needs. At first it just shows what it needs to 'not fall over' or needs to survive!

As you regain your health, the regular focus examinations can reveal the persistent causes or deeper health issues. In our 30 years, Hands On has seen many individuals 'kick' that old health problem once and for all!

Get informed about your health; ask questions and look regularly to www.handsonsydney.com.au for up to date information about your health options and related topics. We want you to be a greater part of all your health decisions, so do speak up and ask us about anything that you want to understand further.