



Tayside Chiropractic & Wellness Clinic

FAQ's

Your guide to some of the most frequently asked questions about our treatments.

Chiropractic

Will Chiropractic treatment hurt?

Generally, chiropractic treatment is not painful. Sometimes you might hear a popping noise coming from between the joints. This is called a cavitation. It is a simple release of nitrogen gas bubbles from between the joints. Some people's joints make more noise than others. It is normal to experience some reaction to treatment. You may temporarily feel more uncomfortable, stiff or tired for a day or so. On the other hand, you may feel more energetic. It is important that you talk to your chiropractor if you feel worried about anything either during or after treatment. Treatment usually involves specific chiropractic boney adjustments, soft tissue work and mobilisation. The use of ice often plays a part in treatment too.

How long will my First Visit Last?

Your first usually will last between 40 minutes and 1 hour

What information will I need to disclose?

You will be required to fill out an extensive patient details form and a consent form. Don't forget to bring your glasses. If you have difficulty with reading or writing then please inform our receptionist and she will be pleased to help.

What kind of Questions will a Chiropractor Ask Me?

When you meet your chiropractor, they will be interested in a number of things. First of all they will want to know what brought you in to the clinic. They will ask you questions about your past and current medical history. They will also want to know about any physical or emotional trauma you may have suffered.

What does the Initial Physical Examination Involve?

You will be asked remove some of your clothing on your first visit at which time you will be offered a clinic gown to wear. A physical examination will be carried out using orthopaedic, neurological and chiropractic test. In some circumstances, you may be asked obtain X-rays or go for other investigations before any type of treatment commences

Will I Receive Treatment on my First Visit?

In the majority of cases, some type of treatment will be carried out on your first visit. This may range from application of an ice pack and a couple of stretches to soft tissue release or manipulation.

What are the benefits and risks associated with Treatment?

Every patient is different. Your chiropractor will inform you of your specific benefits and risks associated with treatment before commencing with care. We require you also to give to your verbal consent (even if you have already given written consent) so that we know you have understood.

Will my Treatment be in Private?

You have a right to have privacy during your treatment. If wish to request that you are seen without family members present, then please inform us. In some cases, you will wish for another person to be present and that is fine too. If you are a minor, you **MUST** be accompanied by a responsible adult – preferably a parent or guardian.

Will the details of my Treatment be Kept Confidential?

You can be assured that all your details are kept confidential.

How many visits will I need?

Treatment is always tailored to the individual person. This will depend on your condition, severity, duration, response to treatment and compliance to the chiropractor's advice. Generally, visits are frequent at the beginning and taper off as the patient improves.

Do I have to tell my GP that I am seeing a chiropractor?

No – this is your choice. We do, however, need your consent to contact your GP. In some cases, this is necessary so that we can get certain investigations done.

Do I have to pay for my treatment?

Yes. You will need to pay for your treatment. Many private health insurance companies cover chiropractic care in their policies. This means that you may be able to claim back some, or all, of the money you pay for treatment.

At Tayside Chiropractic, we are providers for the majority of these companies. To avoid any confusion over what is and isn't applicable to you, we suggest that you check your policy before commencing care. Some companies require a GP referral, whilst others will not cover you for "pre-existing conditions". Please contact us if you have any further questions.

Who can call themselves a chiropractor?

Only those practitioners registered with the General Chiropractic Council (GCC) can call themselves a chiropractor. Members must have the relevant qualifications, be fit and of good character and adhere to the codes and standards set by the GCC. Registration is done on an annual basis.

Hypnotherapy

Can Anyone Be Hypnotised?

Virtually everyone can enter the hypnotic state. The best subjects are those with a strong ability to visualise.

Will I Be Unconscious?

During hypnosis you are more alert than during the normal waking state. There is however, a focusing of attention inwards so that outward attention becomes less.

Will I Expose My Innermost Secrets?

Definitely not! Since you retain full control you cannot be compelled to reveal anything you wish to keep secret.

Should My Doctor Know?

It is wise to tell your Doctor of any complementary treatment you are contemplating.

What are the Advantages of Hypnotherapy

Hypnotherapy is one of the safest, quickest and most effective forms of treatment for the majority of physiological, psychological and emotional problems.

Hypnotherapy promotes independence and mastery in coping with problems and can also accelerate the process associated with both physical and psychological healing.

Positive aspects of hypnosis include the production of a much more profound level of relaxation combined with a reduction in stress levels.

How much will Hypnotherapy cost me?

Most problems treated with hypnosis require 1 – 3 sessions depending on the condition and the client's ability to achieve a hypnotic state.

Please enquire with the clinic about prices.

All enquiries and consultations are completely confidential.

What Problems can Hypnotherapy be Used to Treat?

Hypnotherapy can be used, successfully, to treat a wide range of complaints and ailments. This is because hypnotherapy does not simply treat the symptoms of a problem but discovers and eliminates the root cause. As a result, symptoms should not re-occur.

The following are examples of the type of problem which can be helped through Hypnotherapy:

- Anxiety,
- Asthma,
- Appetite disorders,
- Concentration,
- Dentistry,
- Depression,

- Test nerves,
- Gastric problems,
- Grief,
- Inhibitions,
- Insomnia,
- IBS,
- Confidence,
- Memory recall,
- Migraine,
- Pain management,
- Panic attacks,
- Stage fright,
- Skin disorders,
- Stress disorders,
- Smoking,
- Sports performance,
- Tension and
- Weight control.

What is the National Society of Hypnotherapists?

The National Society of Professional Hypnotherapists is a nationwide association of qualified Hypnotherapists which is controlled by its membership under a governing body.

Membership is restricted by examination, formal training and supervised practical experience and is controlled and disciplined by a strictly defined, published and freely available code of Ethics.

All full members are required to meet and maintain the qualifying and ongoing standards of the NSPH. All full members also carry comprehensive Public Liability and Professional Indemnity Insurance.

The NSPH is affiliated to and registered with the National Council for Psychotherapy.