



WHO SHOULD I SEE A CHIROPRACTOR OR A PHYSIOTHERAPIST?

One of the number one questions we get in the clinic is, what's the difference between a Chiropractor and a Physiotherapist? And there are rumours that there is inter fighting between the two-professions, similar to Ali and Frazier. My perspective though, it just isn't the case.

I have enormous amounts respect and time for physiotherapists in terms of their knowledge, their study and the results they obtain for their clients so much so, we recruited one.

Physiotherapists are fantastic at developing techniques to deal with soft tissue injuries. For example, runners' knee, a rotator cuff injury, problems with the spine.

They're great hands on with deep tissue muscles, taping techniques, instrument release such as graston, acupuncture needles and also use shockwave therapy in our clinic which is a high frequency sound pressure machine which goes deep into the ligaments and muscles. So if you think anything soft tissue, anything injury based strains, sprains, muscle injuries, that is what a physiotherapist will look for. And they're the best in my mind in treating that.

Which Is Better-Chiropractor Or Physiotherapist

Chiropractic works principally with the bones. There are chiropractors out there who would do a lot of what physiotherapist would do and vice versa. But we are trained for five years to adjust bones. But we also look at other joints such as foot instability, knee problems, knee alignment issues for example in running or cycling or walking over distances (we're doing a lot of that recently) and also with shoulder injuries and neck problems. The theory behind Chiropractic is that the nervous system runs from the brain through the spinal cord and exits out the holes in the spine cord and exists holes in the spine.

And any misalignments, distortions can be put on the spine from injuries, falls, trips, posture, sitting at the dining table for the last 18 months from working from home can cause issues. So if we can get the spine in the best position, realign the spine, that will take pressure off the nervous system and allow the body to function normally.

What Techniques Do Chiropractors Use?

The techniques we use are obviously different from Physiotherapists. Doesn't take as long to adjust the spine, and the adjustments are more high velocity than longer slower soft tissue techniques.

One of the common conditions that we see as Chiropractors is chronic low back pain and Sciatica. That is our bread and butter here at West Chiropractic and all five of us at the clinic have become very good at treating it and managing it.

So if you know someone struggling with back pain or sciatica then please tell them to call **01932 355529** or book a free discovery visit at **www.westchiropractic.co.uk**



Who Have We Seen This Month?



We are moving into Tennis Season. So don your headbands and white shorts because we are coming for you Wimbledon. It's been 2 years since we have seen the Pimm's, Murray and Strawberries and Cream. Looking forward to tuning over the 2 weeks in June.

If you are applying more tennis stay tuned as we deliver lots of helpful advice on how to stay fit this tennis season, avoid knee issues and the dreaded tennis elbow. We will release this all on FB and Instagram, so if you aren't following us then please head over there.

With the lockdown finally easing and the thought of getting about and about in everyone's mind - will we go OUT OUT like we did before? That remains to be seen, but pretty sure we are going to give it our best shot right? Bad News though Ladies, our backs won't thank us for carrying our bags on one side or for those gorgeous shoes we love to wear having spent the last year or so in flats & trainers.

Is wearing high heels bad for my back?

High heels are the number one culprit. They cause an anterior pelvic tilt thus putting pressure into the spine. Let me say, big boots and flip flops are not good for our spines, although very comfortable Flip flops cause a contraction of the foot muscles which goes to the calf, up to the hamstrings, pulls them in the back. They're very comfy but not good for long walks. Always remember to keep the best footwear when moving around and going out on longer walks

Is Carrying a bag on one side is bad for your spine?

This is a huge problem. Carrying a handbag, a rucksack weighted on one side over a period of time can cause the body to favour one side more than the other and causes tilts or rotation of the spine and pelvis and can then cause chronic low back issues. The body starts to compensate, so it's really important to either use a two strap bag or alternate the sides

Whatever shoes, whatever bag - look after yourselves as we start to enjoy our freedom that little bit more.



Healthy Eating Tips

What should you be eating? What is an alkaline Diet and how does it work?

The premise behind an alkaline diet is to bring the pH of the body up to reduce inflammation, if we are pro-inflammatory it doesn't help with pain and overall health, so try and add more alkaline foods where you can

Alkaline Foods: Cucumber, Celery, Broccoli, Almonds, Seeds, Legumes, Avocado, Beetroot

Acidic foods: Caffeine, Red Meat, Sweets, Chocolate