

# Frequently Asked Questions

From my time as a chiropractor these are the most common question we get asked



## Q Can anyone call themselves a chiropractor?

A No. It is illegal for anyone in the UK to use the title 'chiropractor' or to imply that they are a chiropractor unless they are registered with us (the GCC).

By law, we must

check those who apply for registration to make sure that they have a chiropractic qualification, are of good character and are physically and mentally fit set and monitor standards of education and training set standards of practice and conduct deal with any complaints about the conduct or practice of chiropractors.

## Q Is chiropractic care safe?

A Yes, all the evidence is that chiropractic is a safe and effective form of care when provided by registered chiropractors. The approach to care that chiropractors take is recommended in the relevant European guidelines and the Department of Health's Musculoskeletal Services Framework. Patients may experience some side effects such as feeling more uncomfortable, stiff or tired for a day or so – these effects are normally minor and do not last for very long.

## Q Can chiropractic care help me?

A Chiropractic is an effective form of care for back and neck pain, as well as a range of other conditions including shoulder, leg and arm pain, and sports injuries. You may also see an improvement in some types of asthma, headaches, including migraine, and infant colic.

## Q Do I have to have an x-ray?

A Your chiropractor will only recommend that an x-ray be taken if there is a valid clinical reason for doing so. Like all health professionals, chiropractors must comply with the legislation that governs the use of x-rays – the Ionising Radiation (Medical Exposure) Regulations 2000.

## Q What is subluxation and can it do me harm?

A A subluxation complex or 'subluxation' is the term used by chiropractors to describe a loss of function in the spine and nervous system due to a reduction in its normal motion or alignment and this can affect the quality of your life.

## Q Can I get chiropractic care on the NHS?

A It is always worth asking your GP, your local Primary Care Trust or Health Board if NHS funding is available for chiropractic. As yet, it is not widespread even though chiropractic care is included in the Musculoskeletal Services Framework published by the Department of Health. There is also a pilot scheme in Northern Ireland that includes funding for chiropractic. Perhaps what is needed now is the application of 'patient power' so that the choice of chiropractic care is open to more of those who can benefit from it.

## Q Why do some chiropractors call themselves doctors?

A In the UK the courtesy title 'Dr' is used by medical doctors, dentists, vets and chiropractors. The title 'Dr' is not protected in law, and may be used by chiropractors providing they make it clear that they are registered chiropractors they are not registered medical practitioners.

## Q What qualification should I look for?

A Chiropractic is a world-wide profession and there is a great variety in the titles of qualifications. The important thing is that all chiropractors in the UK must be registered with the GCC. Some chiropractors have a special interest in (for example) sports injuries or the care of children – if this is what you're looking for, then you'll find it helpful to check first by telephoning your local chiropractors.

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For further information or to book your free 15 minute provisional screening please call or drop in to one of our clinics.

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