

The Benefits of Regular Chiropractic Care



Chiropractic Care includes but is not limited to : Manual Interventions, Advice, Explanation and Reassurance, Exercise and or Rehabilitation, Making Referrals, Promoting Behaviour Change and adjunct therapies such as Ultrasound and Interferential.



Pain Relief



**Improved joints, even
those with
osteoarthritis.**



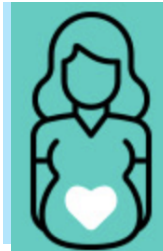
**Reduce Tensions,
both new and old.**



**Improved Posture,
upright spine**



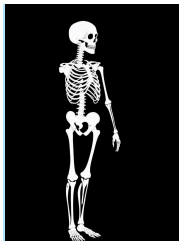
Improve Function



**Pregnancy.
Support**



**Straighten vertebral
alignment and reduce
nerve pressure**



Extremity Help



Function Better Feel Better

www.fasciafirstchiropractic.co.uk