



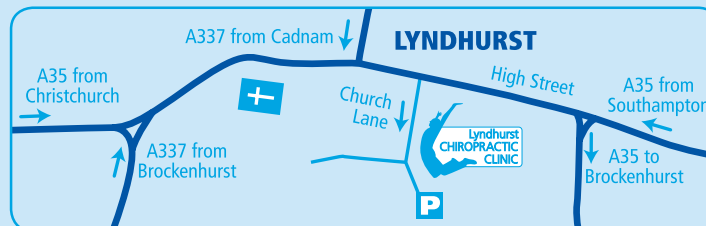
convenient • professional • flexible



Lyndhurst Chiropractic Clinic  
The Loft, Coopers Yard, Church Lane  
Lyndhurst, SO43 7EW  
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Email: [info@lyndhurstchiro.co.uk](mailto:info@lyndhurstchiro.co.uk)  
Web: [www.lyndhurstchiro.co.uk](http://www.lyndhurstchiro.co.uk)

### Opening Hours

	Morning	Afternoon
Monday.....	8am – 1pm	2pm – 7pm
Tuesday.....	8am – 1pm	2pm – 7pm
Wednesday.....	9am – 2pm	Closed
Thursday.....	8am – 1pm	2pm – 7pm
Friday.....	8am – 1pm	2pm – 7pm
Saturday.....	Closed	Closed
Sunday.....	Closed	Closed



Back, joint or muscle pain?  
Call 023 8028 4666

## What is Chiropractic?

Chiropractic is a primary healthcare profession that specialises in the diagnosis, treatment and overall management of conditions that are due to mechanical dysfunction of the joints, ligaments, tendons and nerves of the body, particularly those of the spine.

Chiropractic healthcare aims to improve the way in which your whole body works with a variety of manual techniques and some simple mechanical instruments, as well as exercise, dietary and lifestyle advice. Chiropractors are specialists in treating all areas of the spine.

## What types of treatment do we offer?

At Lyndhurst Chiropractic Clinic, treatment will fall into one of two types, depending on the nature of your complaint and your own treatment goals. Your treatment type will change as you improve or encounter new problems.

We understand that the best healthcare is individually tailored. We look forward to working with you to find solutions that meet your needs and your goals.

### Type 1 - Pain relief

Usually in response to an injury or new complaint, we will diagnose the problem and work to get you out of immediate trouble. If further investigations (X-ray or MRI) are necessary we will arrange them, and if you need to be seen by your GP or another medical specialist we will tell you. Treatment continues as long as you have symptoms, and is usually a fairly short and intensive course. If your symptoms return in the future, we will see you for another course of treatment.

## What do we treat?

Chiropractic is strongly associated with caring for back and neck conditions, and by using the same principles we can assess and treat problems in any part of the body, including headaches and limb pain. We are trained to identify conditions requiring a medical or surgical opinion and refer them to the appropriate specialist.

### How much will it cost?

First consultation, examination and treatment..... £65

Subsequent treatments ..... £44

### Under 16 years:

First consultation, examination and treatment..... £45

Subsequent treatments ..... £30

### Type 2 - Supportive care

Having made good progress with pain relief, we can work with you to help prevent reoccurrence of your symptoms or the onset of other problems. Just as you might visit your dentist on a regular basis to maintain dental health, so periodic checkups with your chiropractor can help maintain spinal health and mobility. At suitable intervals we take time to discuss any ongoing health issues that may be worrying you, and recheck other health indicators such as blood pressure. Supportive care is concerned with keeping your body working to its full potential, and benefits those with work, lifestyle, sporting or health issues that predispose them to symptoms if allowed to go untreated.

## Who are we?

Matthew Garfath DC, LRCC, MChiro, BSc and Zoë Garfath, Practice Manager.

Matthew graduated from the Anglo-European College of Chiropractic in Bournemouth. Having worked in Bristol since graduating, he opened Lyndhurst Chiropractic Clinic with Zoë in 2008.

Matthew Garfath DC, LRCC, MChiro, BSc is a member of the British Chiropractic Association and is registered with the General Chiropractic Council.

[www.chiropractic-uk.co.uk](http://www.chiropractic-uk.co.uk)  
[www.gcc-uk.org](http://www.gcc-uk.org)

