



## **What happens when I visit a chiropractor for the first time?**

Normally, when you visit a chiropractor for the first time, your appointment will last between 30 minutes and an hour. During your appointment, the chiropractor:

- Will take a full medical history from you
- May ask you to remove some of your clothes
- Will ask for your permission to give you a thorough physical examination
- May take or send you for x-rays if they are needed

Any future appointments may be shorter.

Your chiropractor will check for any signs of any serious conditions for which you would need to go to your GP or hospital.

## **What do I need to know before my treatment starts?**

Before your treatment starts, your chiropractor must clearly explain to you:-

- What they found in their examination of you
- How they propose to treat you
- The benefits and any significant risks associated with your condition and proposed treatment

You should also make sure you know how much you will have to pay for your treatment. Chiropractic treatment is only rarely available on the NHS, so usually you – or your health insurer – has to pay.

Your chiropractor will be happy to answer any questions you may have, so make sure you fully understand what they are telling you, and don't be afraid to ask any questions you may have.

Before starting any treatment, your chiropractor will ask you to give your permission for treatment.

There is no need to tell your GP that you are seeing a chiropractor unless you want to.

## **What happens during your treatment?**

To ensure that you achieve best results, your chiropractor will develop a treatment plan that will be unique to you and your condition.

It is important that you talk to your chiropractor if you feel worried about anything during or after the treatment you receive.

Treatment is usually painless unless an area is swollen. If this is the case, your chiropractor will alter the treatment you receive.

**What can I expect when I see a chiropractor?**

**General  
Chiropractic  
Council**



You may also hear a clicking or popping noise – this is perfectly normal and commonplace with chiropractic treatment.

Some patients also report temporary aches and pains during and after treatment – again, this is nothing to worry about, and is perfectly normal.

To help you feel at ease during your treatment, you or your chiropractor may want another person (a ‘chaperone’) to be present during your treatment, such as a clinic assistant or one of your relatives or friends.

Your chiropractor may ask you to remove some of your clothes during your appointment. Tell your chiropractor if you feel uncomfortable about this – your chiropractor will provide a private area for you to remove your clothes and, if appropriate, you will be offered a gown to wear.

### **How many visits will you need?**

After your first visit, the number of further visits will depend on your chiropractor’s assessment of your condition and the treatment you need.

Particular issues that may impact on how many visits you need may include:-

- Your condition

- How severe it is
- How long you have had the condition
- How quickly you respond to treatment
- How you follow your chiropractor’s advice

Your chiropractor will review your progress regularly and you will be asked to agree to any changes in your treatment plan. If you have any concerns about your treatment, or its effectiveness, don’t hesitate to raise your concerns with your chiropractor.

If your condition does not improve, your chiropractor will discuss carrying out further investigations or referring you to your GP or another health professional.

### **The General Chiropractic Council**

The General Chiropractic Council (GCC) was set up by Parliament to regulate chiropractors. It is illegal for someone to use the title ‘chiropractor’ or imply they are a chiropractor unless they are registered with us. A chiropractor must:

- Hold a degree in chiropractic that is recognised by us
- Have no health concerns that would prevent them from providing safe treatment
- Be covered by indemnity insurance
- Keep their knowledge and skills up to date

They must also follow the Code, which sets out the minimum standards that are required to practise safely in the UK – by using a chiropractor registered with us you can be confident that you are receiving not just safe treatment, but a high standard of care as well.

If a chiropractor fails to meet our requirements, the GCC can - and does - take action against them. This can include suspending the chiropractor or removing them from the register, making it illegal for them to practise in the UK.

Could you be a voice for patients and the public? We are looking to expand our database of individuals willing to be consulted by us on different aspects of our work. If so, let us know at [enquiries@gcc-uk.org](mailto:enquiries@gcc-uk.org)

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