

GCC Patient Guidance

Treatment checklist

Choosing a chiropractor	Yes/No
Have you visited the clinic's website and/or social media pages for information regarding the practice ie. address and opening times, names of their chiropractors, treatments offered and payment methods?	
Is the chiropractor registered with the General Chiropractic Council (GCC)? Check using the GCC Find a Chiropractor search function at: www.gcc-uk.org/find-a-chiropractor	
Do you know the cost of the initial assessment including any possible extras eg. X-rays? Does the cost include VAT?	
Will you be assessed in a private room or an open plan room with several treatment tables?	
Are there public transport links to the clinic or car parking close by?	

Your first visit (initial assessment)	Yes/No
Has the chiropractor assessed your condition and asked about your past and current health history? Remember, parts of the assessment may require you to remove items of clothing. If this is the case, you will be offered a gown.	
Has the chiropractor given you their full assessment of your condition?	
Does the chiropractor have experience in treating your condition?	
Has the chiropractor explained the technique/s that they will use to treat your condition?	

Your first visit (initial assessment) cont.	Yes/No
Are there alternative treatment options available? Have these been explained to you?	
Do you understand the benefits and potential risks of the proposed treatment and/or the alternative treatments (if available)?	
Have you been informed of the treatment timescales and the likely cost of the full programme of care, including any possible extras eg. X-rays?	
Has the chiropractor prepared (or will prepare) a plan of care for your condition? A plan of care should be created before starting any treatment.	
Have you given consent for the chiropractic treatment?	

Getting the best from your ongoing care	Yes/No
Has the chiropractor discussed how your treatment is progressing?	
Has your chiropractor offered advice and/or exercises (if appropriate) to help manage your condition outside of the treatment sessions?	
Is your condition improving? If not, has your chiropractor discussed alternative options?	

For further information, visit [Seeing a Chiropractor](http://www.gcc-uk.org) at www.gcc-uk.org

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Published January 2022