

What Patients Say:

"Absolutely first class ! It's amazing how a treatment that's so gentle can be so effective."

AT – Dairy herdsman

"I've tried many types of manual therapy over the last 10 years and without a doubt the McTimoney method works best for me."

BE – Business woman

After suffering for 25 years with a painful low back, I'm so thankful for how much better I feel."

LB – Painter & decorator

Also Delivered at The Old Post Office

Personal / Life Coaching

Overcoming blocks to personal effectiveness, a sense of inner control, clarity of purpose, and being at your best, both personally and professionally.

Counselling for a Change

A confidential space to explore personal challenges, relationships and uncertainties, and then move beyond them to create a better today and tomorrow.

John Brickell DC



John combines his practice as a McTimoney Chiropractor with being both a personal/life coach and counsellor, as well as teaching workshops, both nationally and internationally, in these specific areas.

John is a member of the McTimoney Chiropractic Association and is registered with the General Chiropractic Council.

John is also qualified as a coach, counsellor and psychotherapist to degree, diploma and certification levels. He is the holder of the 'European Reality Therapy Psychotherapist' qualification and is a member of the British Association for Counselling & Psychotherapy (BACP).

**Delivering Health & Wellbeing
At The Old Post Office**



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Chiropratic
The McTimoney Way



Getting the Balance Right

- Gentle
- Precise
- Effective
- Safe
- Whole Body Approach

What is Chiropractic ?



Chiropractic is a wonderful treatment method of keeping your structural system (particularly your spine), nervous system and, in turn, other body systems, free of interference so you can be at your physical, mental and emotional best.

It helps relieve pain and discomfort, and increases mobility.

McTimoney Chiropractic

Developed by John McTimoney over 30 years ago, it is well recognised for being a particularly gentle, precise, safe and whole body approach to chiropractic care. McTimoney chiropractors strive for optimal health by treating the whole person/structure and not just the area that pains you. *"The body doesn't work in isolation, so we don't treat it that way".*



- Your age
- Extent of the problem and how long you've had it
- Your level of health and fitness
- Your work and other activities
- Posture
- Emotional stress and how you're coping

Initially treatments are at weekly intervals, then gradually more widely spaced out, by which time a noticeable change should have occurred.



Can it help me ?

The gentle nature of the McTimoney method makes it especially suitable for people of all ages. It's proven to be effective in treating the following conditions:

- Back, neck & shoulder pain
- Sciatica, trapped nerves, tingling, numbness
- Pain, discomfort & stiffness in joints
- Headaches & migraine
- Muscular aches
- Arthritic pain

What can I expect from my first session ?

At the first session (which usually takes between 50 to 60 minutes) we assess your general health, previous conditions, and existing symptoms.

We then make a physical assessment to locate the problem. Feedback is given to you all the time, and assuming all is okay and agreeable, we will make some gentle, safe and precise adjustments for realignment and rebalancing of those bones and joints.

How many sessions will I need ?

Most people find between 2 and 6 sessions sufficient to address straightforward problems. However, this will depend on a number of factors, such as:

"healing is a process not an event"

Prevention and keeping the balance right

Once the problem has been resolved, you can choose to schedule regular check-ups a few times a year to keep the balance right or, enhance recovery from chronic conditions.

The more balanced the body is, the better it will cope with the stresses of everyday living, as well as with unexpected trauma.

