

Q: Do I need a medical referral to see a chiropractor?

A: Not as a private patient, or a WorkCover or TAC (Transport Accident Commission) patient. If you are a Medicare or a DVA (Department of Veterans' Affairs) patient you do need a referral from a general medical practitioner.

Q: Do chiropractors treat muscle problems?

A: Chiropractors treat muscle strains and tears, tendonitis and ligament strains as well as joint fixations.

Q: Do chiropractors only treat the spine?

A: While most of our patients consult us for back pain, neck pain and headaches, we treat a wide range of painful conditions of the joints, muscles and tendons throughout the body.

Q: How long is the chiropractic training?

A: A chiropractor has to pass a five-year full time university course in Australia before they can be registered to practise. Their qualifications can be called B.AppSc.(Chiro.); or B.App.Sc., BClinSc(Chiro); or GradDipChiro; or BAppSc, MChiro.; or DC. All these degrees are of the same standard and in the future all chiropractic degrees in Australia will be at Master's level.

Q: What is the difference between a chiropractor, an osteopath, and a physiotherapist?

A: The training of these professionals is different. A chiropractor is trained to diagnose and treat, using advanced manual and physical methods, painful disorders of the joints and muscles of the body, particularly those of the spine. The training of osteopaths in Australia is very similar to that of chiropractors. A physiotherapist, following a masters' degree in manipulative physiotherapy may be in a position to treat similar conditions in, broadly speaking, similar ways to a chiropractor or an osteopath.

Q: How long will my treatment take?

A: That depends on your condition, your age and your fitness levels. Typically, a recent uncomplicated injury can take a few days to a few weeks to resolve with treatment. If you are older, or if you have disc injuries or chronic injuries, your recovery may take longer.

Q: If I don't want my back or neck crunched, can you still treat me?

A: Yes. We do not have to use joint manipulation (that produces the crunching noise) to treat your condition. While in some cases, joint manipulation is the most effective and quickest way to treat some joint fixations, whether this treatment is used is your choice.