

My Chiro Experience

Initially the feeling of having your bones cracked is confronting, I was tense the first couple of times but it was never painful. I have visited a few times now and have received extraordinary relief.

For me one huge benefit was the introduction presentation, it answered the questions I had and more.

Miles has been very concise, he ensured I was comfortable with what was happening and the long-term results I could expect by continuing the regime set out for my specific needs. I am now very relaxed during my visits and leave recognising a real sense of achievement.

The Vincent Street Chiropractic office has a welcoming atmosphere and whilst I look forward to the day I may not need to return, for now I am committed and on the path to a healthier and more comfortable lifestyle.