

Mark Jessop

BSc(Hons) MChiro PGCert DC MCC

Mark was introduced to Chiropractic after seeking treatment for low back pain which he sustained from training and competing in the 400m hurdles.

His initial degree was a BSc(Hons) in Chemistry and Sports Science which he completed at Loughborough University before going on to pursue a career as a Chiropractor and graduating with a Masters from the Welsh Institute of Chiropractic.

Since becoming a Chiropractor Mark has done a variety of post graduate courses including medical acupuncture and a PG(Cert) in Chiropractic clinical development.

Mark is registered with the General Chiropractic council and is a member of the British Chiropractic Association as well as the College of Chiropractors.



British
Chiropractic
Association

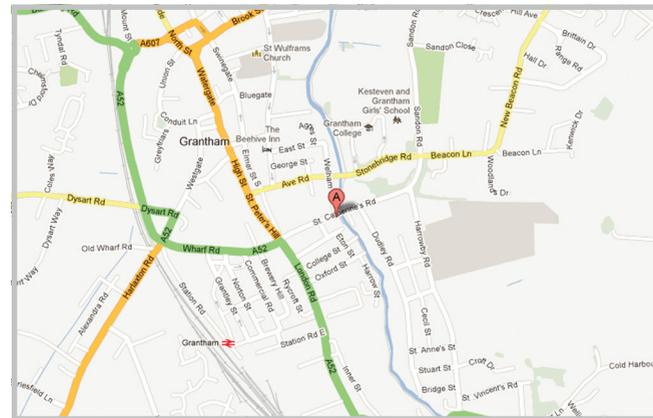
Prices

Initial consultation (1 hour) £50

This will include a case history, full examination, an explanation of our findings and what we can do to relieve your symptoms, as well as advice on how you can help yourself. If appropriate treatment will also be given during this visit.

Subsequent treatments (20-30min) £28

Here we will re-do a few tests to monitor improvement, provide further treatment and progress any home exercises you will have been given.



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PRIME CHIROPRACTIC

EXCELLENCE IN SPINAL HEALTHCARE



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Here at Prime Chiropractic we aim to provide the most up to date effective treatment that is evidence based. The approach to care we take is recommended in the relevant European Back Pain Guidelines, the Department of Health's Musculoskeletal Services Framework, and the recent NICE (National institute of clinical excellence) guidelines for low back pain.

We use a wide range of techniques and tailor treatment to suit each individual, applying and adapting the most appropriate technique for you and your condition. This approach means that the treatment you receive is specific to you and your needs.

We take an in-depth history asking lots of questions and undertake a comprehensive examination.

By taking a more thorough approach we are able to deliver superior results.

What is a Chiropractor?

A health professional who has undertaken a minimum of 4-5 years full time training at University learning how to diagnose and treat problems within the musculoskeletal system. It is a regulated profession which means in the UK by law they have to be registered with the General Chiropractic Council.

What do we treat?

- Back pain
- Neck pain
- Sciatica
- Joint aches
- Muscular spasms
- Sporting injuries
- Headaches / Migraines
- Osteoarthritis

For more detailed information about conditions we can help with please visit our website.

“ I am exceedingly impressed with the professionalism and expertise of Prime Chiropractic and highly recommend Marks valuable services to anyone. ”

“ It's so nice to be able to get back in the garden without worrying about back pain. ”

“ I felt an immediate improvement and now feel better than ever, I am extremely grateful. ”

Our range of different techniques

Manipulation/ mobilisation

Dry Needling / medical acupuncture

Kinesio taping

McKensie method

Rehabilitative exercise

Massage/ stretching techniques

We select and use the most appropriate technique for you and your condition at the right point in time to get the best results.

To find out more about the techniques as well as some of the research behind them please visit our website.

