

# Gonstead Clinics UK

## Taking care of some of Britain's most influential spines FOR OVER 20 YEARS



management of sporting injuries, work-place related injury as well as treating injuries received from accidents and the rigors of everyday life.

The Clinic was established in 1992 and since then, some of the world's leading stars of film, television and sport which include golf, football, rugby, cricket, tennis, cycling and British Olympic athletes have been frequent visitors of their facilities in 22 Harley Street.

of the involved area would be taken if medically indicated and then analysed in a very specific way. Taken into account are not only pathological changes but structural and biomechanical alterations that could affect the nervous system normal functioning" says Dr Alberto. Chiropractors are trained to also interpret MRIs and Gonstead Clinics works closely with other

**G**onstead Clinics UK is renowned for its successful Chiropractic treatment of neck pain, Headaches, Slipped Discs, Whiplash and Repetitive Strain Injury (RSI). The Gonstead method of chiropractic treatment is highly recommended in the

W1 Magazine has had the chance of interviewing Alberto Molina Gonzalez, Doctor of Chiropractic. "Chiropractic's main objective is to correct the biomechanical and structural alterations of the vertebral column that can provoke nerve interference or impingement. A vertebra in an incorrect position will irritate and compress the nerves that leave the spinal cord, creating mechanical problems such as back pain or muscle contracture or organic problems like dizziness or headaches".



### **XRAYs AND MRIs; Precision means treatment effectiveness.**

What makes the Gonstead system so special is its precision. The Gonstead Chiropractor is able to identify the source of the problem in the spine and correct it in a very accurate manner. "X-rays





Dr Alberto reading an MRI

health practitioners such as General Practitioners, Orthopaedic Surgeons and Neurosurgeons.

## PAIN AND STRESS

We live in a sedentary world in which we all spend time at a desk sitting and leaning forward for too long. The muscle tension, which results from poor posture and stress will apply extra pressure on the neck, back and shoulder joints which will then irritate the sensitive spinal nerves. These postural effects are considered as “micro-traumatic events that over time can cause significant spinal degeneration and dysfunction”. Taking into account the above mentioned together with the typical fall or accident we all have during our life are responsible for most spinal conditions that chiropractors treat.

In addition, many scientific studies suggest stress is one of the main causes of disease.

“Under stressful situations, minor musculoskeletal problems can become the cause of severe pain, but pain is just an alarm telling us that there is a problem; the tip of the iceberg. First and foremost we at the Gonstead Clinics UK identify, diagnose and correct the exact mechanical fault which is the cause of your pain”.

It can be concluded, that the rigors of a sedentary and stressful life constitute a risk factor for suffering from diverse biomechanical imbalances that can alter our wellbeing. The Gonstead method of chiropractic has been proven effective for over 50 years and in particular Gonstead Clinics UK have been assisting Londoners in achieving wellness and optimal health for over 20 years with great success.

Even though our lives become more and more demanding, there are specialists that can help us live a better life.. **W1**

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**OPENING HOURS:  
Monday to Friday  
7.00am to 6.00 pm**

## TREATED CONDITIONS:

**Headaches  
Neck pain  
Whiplash injuries  
Shoulder injuries  
Low back pain  
Sciatic pain  
Ankle and Foot injuries  
Sports related injuries**

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