

Livingston Chiropractic



We are a family owned and family focused chiropractic clinic located in Livingston, West Lothian.

Our clinic is in Brewster Square close to Bellsquarry, Murieston and Adambrae and only minutes from the centre of Livingston.

We have free parking, street level access and facilities for persons of reduced mobility.

Appointments are available everyday except Thursdays and Sundays.

To make an appointment or find out more about chiropractic care call Dr. Astrid today on 01506 238384.

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01506 23 83 84

www.livingstonchiropractic.co.uk

About Dr. Astrid

Astrid Sherwood, Doctor of Chiropractic, graduated from the Anglo European College of Chiropractic, AECC, in 2003 having studied Bachelor and Masters degrees in Chiropractic Sciences.

Astrid moved to Scotland shortly after leaving AECC and spent the first ten years of her career as an associate chiropractor working in a number of different clinics in Perth, Edinburgh and West Lothian.

At the beginning of 2014 Astrid set up her own business, Livingston Chiropractic.

She is a member of the Scottish Chiropractic Association and registered with the General Chiropractic Council.

Astrid lives in Livingston and is married to Karl, an airline captain. They have two children, Hannah aged 6 and Felix aged 4.



What is Chiropractic?

Chiropractic is a primary contact health profession that specialises in the diagnosis, treatment, prevention and management of conditions that are due to problems with the bones, joints, muscles and nerves, particularly those of the spine.

Some common problems treated with Chiropractic care are:

- Neck, mid and lower back pain or stiffness
- Should and neck originating headaches
- Arm, shoulder, elbow or hand problems
- Hip, knee, ankle or foot problems
- Sporting injuries
- Numbness or tingling in the arms or legs
- Tension and Stress
- Poor posture
- Pregnancy, breastfeeding and babies

Most conditions are treated with the chiropractic adjustment and may be accompanied by other techniques such as massage or stretches.

There are many different types of adjustment, but the most common involves a quick, gentle movement from the chiropractor's hands to a specific joint in the patient.

Your First Visit

Dr. Astrid will take a case history regarding your current problem and previous health issues. A full examination will be made of your spine and other areas relevant to your complaint. This often involves postural,

structural, neurological, orthopaedic and motion testing.

With the help of models and illustrations your condition will be explained and Dr. Astrid will discuss your options and recommend an appropriate treatment plan.

Most patients will also be treated on their first visit. An initial appointment will last around 45 minutes.

Prenatal Chiropractic

A photograph of a pregnant woman lying on her side on a bed, holding her lower back with her hands. She is wearing a white tank top and white pants. The background is a plain white surface.

Lower back pain, baby breech,
or trouble sleeping?

Gentle and safe prenatal
chiropractic care can help

The Treatment Itself

This involves a program of gentle and specific spinal adjustments, work on the muscles, ligaments and joints and other methods that Dr. Astrid considers suitable for your condition.

Chiropractic manipulation is safe and precise. Some local joint noises may be heard as joints release. A regular appointment will take 15 minutes.

Chiropractic for Children

At Livingston Chiropractic we adjust babies and children of all ages. Chiropractic care for children is very gentle, only light pressure is needed to adjust the supple spine of an infant or young child and most little patients really enjoy their visits to the chiropractor.



Children can benefit from chiropractic care and the younger they are when they start the better. A traumatic birth, learning to sit or walk and falling over whilst doing so, or playing sports can all lead to trauma and misalignments in the spine which may be helped with chiropractic care.

Astrid's own children both had their first chiropractic adjustment when they were only minutes old and have been receiving regular adjustments ever since.



Free Spinal Check Offer

If you are not sure whether chiropractic care is suitable for your condition you may come along for a free spinal screening.

Astrid will examine you briefly during a free 15 minute appointment and discuss if chiropractic treatment may be of benefit to you.

You will then be required to return for a 45 minute appointment where a detailed examination will take place and your first treatment will be carried out.

Contact Details

To make an appointment telephone us on 01506 238384.

Our website provides further information on chiropractic along with photographs of our clinic and driving directions. Visit us at :

www.livingstonchiropractic.co.uk

Our clinic address is:

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