

Student Chiropractic Clinic – What to Expect from Your Appointment

Welcome to our Student Chiropractic Clinic and thank you for choosing us for your care.

This short guide explains what to expect from your appointments, including how your care will be provided and how the clinic works.

The clinic is run by final-year Master's level chiropractic students under the supervision of qualified chiropractors and educators. We aim to make your experience safe, thorough, and professional at every stage.

Your First Appointment (No Treatment Included)

Your first visit focuses on understanding your reasons for attending and your general health background. Treatment does not take place during this appointment.

- Please allow **up to 90 minutes** so we have enough time to gather all the information needed to plan your care.
- A student chiropractor will lead your appointment. Qualified staff members will be in and out of the room to support the student and oversee your care and are able to answer any questions you may have.
- You'll be asked questions about your health history and current concerns.
- A physical examination will follow. The student will explain the purpose of each test and what the findings might mean. Qualified staff may also ask questions or perform parts of the exam.
- At the end of the appointment, you'll receive an explanation of your condition and whether we believe chiropractic care may help. If we think another type of care would be more suitable, we'll advise you accordingly.

Follow-Up Appointments

Report of Findings

If appropriate, a follow up session will be organised with you to report back on your assessment and present your personalised care plan. This will have been discussed and agreed with a Chiropractic Educator. This session will also be used to start your care-plan/ provide treatment.

Treatment Sessions

Ongoing treatment can be booked to progress with your personalised care plan. This may include:

- Hands on care including Chiropractic adjustments or mobilisation
- Advice, guidance and exercises to support progress and general wellbeing

Gowning & Chaperones

During your appointment you may be asked to change into a clinical gown for examination or treatment. Please wear suitable underwear and/or sports clothes such as gym shorts or top, which can stretch.

You're welcome to bring a friend, family member, or carer with you. Please let us know ahead of time so that we can make necessary arrangements. If reception is busy, we may ask them to wait in the car or in the café, unless they are accompanying you into the appointment.

Education and Learning Environment

Qualified Educators will be involved in your care throughout your journey. This may include:

- Attending appointments alongside the student
- Discussing or observing your care alongside you and the student
- Case discussions between staff and students
- Observing appointments via our '*The Learning Lens: Enhancing Patient Care Through Shared Learning*' camera system

Keeping Your Information Up to Date

Let us know as soon as possible if there are any changes to:


- Your contact details
- Your GP practice
- Medications or general health status

Questions or Concerns

If you have any concerns or would like to discuss your care, please speak to your student chiropractor or a member of the qualified team. We're here to help and are happy to answer any questions.

Our full Complaints Policy is available at reception and on our website.

More Information

 Visit our website for policies, FAQs and clinic news: www.clinics.hsu.ac.uk

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