



Sir Patrick Hine from Christchurch tells Society how BritChiro Clinics in New Milton has worked wonders in terms of giving him less stiffness and greater mobility

## Help for Arthritic Pain & Stiffness

“**H**aving suffered periodically with a sore and stiff back for over 40 years, and had many traumas as a result, I elected in September 2014 to consult BritChiro in New Milton, Hampshire, where I was referred to Robert Viney. After a most thorough examination that included x-rays, Robert reported that I had medium to severe arthritis in my spine and that it was misaligned, a condition that had probably existed for many years. Nonetheless, he was confident that regular chiropractic

would improve my mobility and ease my chronic stiffness. I should add that I am now 83 but still lead a very active and full life.

Over the first 2-3 months of treatment, I attended the clinic twice a week (whenever at home) until Robert was satisfied that my spine was generally holding its new (and correct) position. He explained that it would be some time before the muscles on the right side of my lower spine adapted to the corrections he had progressively made; hence the need initially for such regular chiropractic treatment.

I have noticed a steady but quite marked improvement over the months in terms of mobility and I now attend the clinic only about every third week for Robert to ensure that my spine remains in the correct position, making small adjustments as necessary. Bearing in mind my arthritic back, he has worked wonders in terms of giving me greater mobility and easing my stiffness. I am most grateful to him and am now convinced of the benefits of chiropractic.”

Sir Patrick Hine, Christchurch