SUMMARY

The aim of a course of treatment is to help your body realign itself, restoring correct function, resulting in improved health.

It is the gentleness of the techniques and the treatment of the whole person that distinguishes our practice.

Tanja and Terry, combined, have over 50 years experience in practice in the UK, the Netherlands and New Zealand.

WHO CAN BENEFIT?

We treat adults, babies, toddlers, children, teenagers and pregnant women for a variety of common issues.

Pregnant women, after the first trimester, may find particular benefit from keeping their pelvis straight throughout the pregnancy to avoid lower back pain.

Babies who are very restless, crying or experiencing difficulties with breast feeding also benefit.

TRAINING AND EXPERIENCE

McTimoney training takes place only in the UK at the McTimoney College of Chiropractic in Abingdon.

Training in the Koren Specific Technique (KST) takes place in various centres in the USA and in many places around the world. Tanya and Terry are both Mentors in KST and have helped Tedd Koren (founder) teach in Australia, London and in Noordwijk in the Netherlands.

Our professional association is: Society of Natural Therapists and Researchers in New Zealand.

We are not registered as Chiropractors.

CONTACT US

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“Like” our Facebook Page at McTimoney Holistic and Koren Specific Technique. We post up to date info on latest research and practice here.

McTimoney Holistic and KST Practitioners

The Gentle Way With Pain

Prevention is better than cure

McTimoney and KST is a preventative therapy and when used in this way greatly improves bodily health and well-being, avoiding long spells of discomfort. Regular check-ups are recommended to ensure that your body maintains a healthy balance in all aspects of its daily functioning.
Developed by Dr. Tedd Koren DC, a Philadelphia-based Chiropractor. Uses Biofeedback methods to indicate where some adjustment is needed (binary neurological feedback technique).

Adjustments are made using a gentle tapping device - the Acustim. Children love it and say it tickles.

Your body has many layers; we correct what your body is revealing at each session.

Can adjust in different positions and in the course of many actions, e.g., Golf Swing!

Can correct discs.

Clears sources of nerve stress. These could be driven by stress or unexpressed emotions.

Also very suited for energy-based adjustments and remote treatments.

The McTimoney method was developed by the late John McTimoney over 50 years ago and is taught only at the McTimoney College of Chiropractic in Abingdon, near Oxford.

It is well-known for being a very gentle, precise, whole-body approach to balance and bodily well-being.

It is an approach, which we have adapted so that adjustments are made using energy rather than physical force.

WHAT IS KST?

- Can treat different conditions
- Uses Biofeedback
- Gentle tapping device - the Acustim
- Children love it and say it tickles

WHAT IS MCTIMONEY?

- Developed by the late John McTimoney
- Taught only at McTimoney College of Chiropractic
- Gentle, precise, whole-body approach

CAN TREATMENT HELP YOU?

The following conditions often benefit from treatment:

- Back, neck and shoulder pain
- Pain, discomfort and stiffness in joints
- Migraine and tension headaches
- Sciatica
- Whiplash injury
- Sports injuries
- Arthritic pain
- Unexpressed or buried emotions

HOW MANY SESSIONS?

On average, people need between two and five sessions but like any average, that means some people need fewer and some more.

The number and frequency of treatments will depend on a number of factors including:

- Your age
- The extent of your injury
- How long you have had the problem
- General fitness
- Stress - emotional and physical
- Posture
- Lifestyle

You are recommended to come in for a “WOF” and tune up at regular intervals.

HOW WILL YOU FEEL AFTER?

During a course of treatment, most people feel physical changes as their body re-aligns. These may include a brief period of stiffness or tiredness, particularly after your first session, but more often a feeling of well-being and relief.

- It is important that you talk to your therapist if you feel worried about anything either during, or after your treatment.

YOUR FIRST TREATMENT

Normally, in your first visit, which usually takes around an hour, we will:

- Take a full medical history.
- Analyse problems and discuss with you.
- If we discover or suspect a condition that we feel you need to see a doctor, you will be referred to your GP.