

Welcome.

Welcome to Back In Action. We are a multidisciplinary, holistic health care centre, started in 2007 by Aidan Barry and Alison Roux. There are currently just the two of us, sharing the one treatment room, though we have plans to extend in the future. In July of 2010, we moved to our current premises, to separate home from the office, improving our work/life balance.

We started this practice with the aim to provide the people of Tewkesbury with an holistic approach to their health care. We do this with a genuinely integrated, multidisciplinary approach, using the treatment methods of chiropractic manipulation, aromatherapy, massage, dry needling (acupuncture with a western bent), mobilization, electrotherapy, patient education, physical rehabilitation, activator technique and soft tissue work.

"If the only tool you have is a hammer; you tend to see every problem as a nail" (Abraham Maslow)

With our concern for the environment, we use only recycled paper, and as little of it as we can. We source all our products from as ethical a provider as we can find, taking the recycled or organic options wherever possible.

We are currently building relationships with other medical professionals in the area (the hospital, doctors, dentists, other complementary providers), in an attempt to further integrate each patient's health care, to the benefit of their wellbeing.



For the short-term future we aim to increase our office space, to allow a treatment room each; with each room tailored to the needs of the individual, rather than a (mildly) compromised layout. With his interest in sports chiropractic, we are actively seeking to cultivate connections with various local sports clubs.

Who We Are.



Aidan Barry DC MSc

General Chiropractic Council
registration #: 2053
British Chiropractic
Association ID #: 1478
College of Chiropractors
ID #: 1473

Aidan was born and brought up on the Marlborough Downs, and completed his schooling in the Cotswolds. After taking a gap year, he enrolled on the 5 year, MSc course at the Anglo-European College of Chiropractic in Bournemouth. Upon graduation he moved to North Devon to complete the final year of qualification earning the title "Doctor of Chiropractic". He remained practising in Devon before deciding to return to the Cotswolds area with his Fiancée (Alison) in the spring of 2007; where they intend to settle, develop their own practice and raise a family.

"In the end it's not the years in your life that count, it's the life in your years" (Abraham Lincoln)



Alison Roux BA (Hons)

CIBT Advanced massage
AAPA dip Aromatherapy
Aromatherapy and Allied
Practitioners' Association
ID #: 0297

Alison was born in the Upper Loire Valley region of France, where she spent the first 20 years of her life. After completing her degree in English Literature and Civilization at the University of Orléans in 1998, she uprooted to Manchester, finally enrolling at Salford University to earn her BA (Hons) in tourism management. After 2 years in the hospitality industry in Devon, she decided to change the track of her life and join the healing professions, studying both aromatherapy and advanced massage; she intends to add more strings to this bow in the next few years.

Mission Statement.

We, at Back In Action aim to bring you the most effective, efficient health care tailored to each persons' individual health goals.

We will listen without judgement, examine, educate, and treat with integrity and respect, coaching individuals towards a healthy future.

We will provide the best care and advice that we have at our disposal, both to our patients, and in caring for the environment.

Consultations.

For your initial consultation, we ask that you arrive 10 minutes in advance to fill out some forms. You may download in advance these from our website.

Chiropractor:

If you are seeing the chiropractor or are coming for physical rehab, you should then allow for up to 80 minutes for the consultation itself. During this time the chiropractor will take a full medical history from you and perform a physical examination; these will be aimed at your general health, as well as your current complaint. The chiropractor will then offer you a report of his findings, including your diagnosis and what it means, prognosis, and treatment plan. Treatment will usually start straight away, but there may be times when we cannot treat on this first visit. For example, we sometimes need you to consult your GP for further tests (eg X-rays) or you may need a little time to consider the information you have been given. On occasions that we do not treat straight away, we reduce the charge accordingly. Please allow approximately 20 minutes for subsequent treatment visits.

Aromatherapist / Massage Therapist:

On your first visit to see the aromatherapist or massage therapist, please allow an extra 10 minutes to discuss your case before treatment starts.

Our standard treatment times are approximately 30 minutes for a half-body treatment (including sports massage), 60 minutes for a full-body treatment, or 90 minutes for a more indulgent full-body session. Please see our website for more details.

Please note that if you have a contraindication to treatment, we would need a letter from your GP

confirming that it is safe for you to receive treatment here, you can find a list of these on our website.

**“Always remember you’re unique...
Just like everybody else” (Anon)**

Note on times:

Please note that times given here are all approximate, as every patient is an individual, and every condition is different, so every treatment is unique. We therefore make our charges per treatment visit, not per minute.

Consideration.

As we respect our patients, we hope that they too will respect both ourselves and each other. We therefore have some basic requests to make.



Mobile Phones:

Please ensure that mobile phones are switched off when you are in our clinic. We operate a voluntary fine scheme – if a mobile rings or

receives a text whilst in the clinic, we ask people to donate £1 to the charity box in reception. We abide by this ourselves.

Punctuality:

We ask that our patients be on time. If you are excessively late then we may be unable to treat you that day. If this becomes a regular occurrence, we may treat it as a cancellation at short notice.

Feedback:

We seek comments from our patients with a constant view to improve the practice. Consequently we will occasionally ask you to fill in a feedback form; these are also available on request if you wish to comment without being asked. All such forms are anonymous.

Referrals.

If you are pleased with the care you receive at Back In Action, please recommend us to others. We welcome new patients.

Opening Hours.

	8	9	10	11	12	1	2	3	4	5	6	7	8
Monday			1.30		1.30			3.00					8.00
Tuesday	8.00			12.00		1.30				6.00			
Wednesday	8.00				1.30								
Thursday			1.30		1.30			3.00					8.00
Friday	8.00			12.00		1.30				6.00			
Saturday			1.30		12.00								

Out of hours appointments can be arranged at an additional charge.

Our Schedule Of Fees.

Chiropractic:

Initial Consultation	£50	Subsequent Treatment	£30
----------------------	-----	----------------------	-----

Aromatherapy:

½ Body	Full Body	Indulgent
£27	£39	£51

Massage:

½ Body	Full Body	Indulgent	Sports
£24	£36	£48	£30

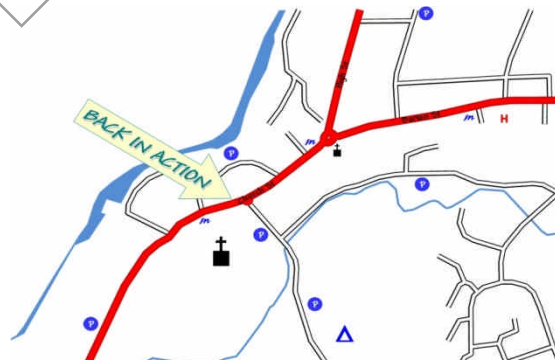
NB. Children / Students receive a 1/3 discount.

Whilst many private medical insurance companies pay for some of our treatments, payment is ultimately the patient's responsibility.

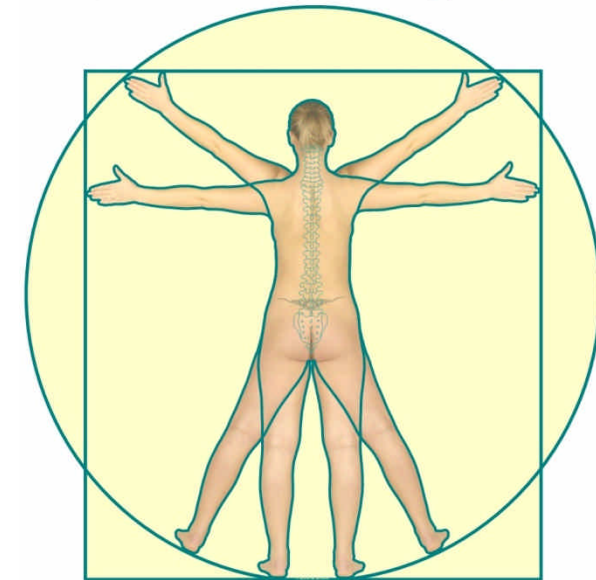
Late cancellation charges apply: £10 for non-attendance; £5 for giving less than 1 working day's notice; (Charges go to the County Air Ambulance).

In addition to our advertised rates, we also offer the option of a free 10 minute chat with the chiropractor. We can then discuss your problem and the appropriate course of action.

How To Find Us.



Back In Action



**“The first wealth in life...
Is your health”**

(Ralph Waldo - Emerson)

71, Church St, Tewkesbury,
Gloucestershire. GL20 5RX

Web: www.back-in-action.net

Email: mail@back-in-action.net

Tel: 01684 291 261