

DR EMMA GILLETT DC MCC MMCA GCC, REG NO 00856

Emma qualified in 1987 from the McTimoney College of Chiropractic and has been in private practice since. To date, she has established six practices in different areas across the country and has recently set up a Glasgow branch of Adjust but has chosen to settle in Edinburgh where she is now available within Neals Yard Remedies. Now both major cities of the Central Belt can experience complete chiropractic healthcare. A science and therapy which is coming of age.


Emma has taken post graduate training within Cranio-Sacral Therapy through the Upledger Institute and combines this seamlessly with the McTimoney Technique of chiropractic manipulation, to deliver a complete treatment to her patients.

She is also fascinated with the scope of the chiropractic health care system and has refined her work further to include the treatment of children, from birth. She has undertaken specialist training in this field. Emma has also been involved within the McTimoney College, where she taught clinical paediatrics to third and fourth year undergraduates. She is also interested in all aspects of athlete rehabilitation and therapeutic nutrition.

The whole family should benefit from chiropractic care and Emma Gillett aims to deliver the highest quality treatment. Complete examination* treatment and maintenance programmes which can be privately funded or via your health care insurance provider. Emma is recognised by BUPA, PPP, Royal and Sun Alliance, Norwich Union plus numerous smaller providers.

**MRI imaging and X-ray referred out where required.*

Adjust

A stylized graphic of a human spine, rendered in a light purple color, positioned vertically between the letters 'd' and 'j' of the word 'Adjust'.

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Chiropractic for children

So often I am asked why would you need to treat a child or a baby. Surely they don't have bad backs!

To a certain extent that statement may be true but I feel that it shows a limited knowledge of the scope of the chiropractic adjustment and treatment but also and probably more importantly, the scope of the Vertebral Subluxation Complex (VSC) at creating fundamental changes to health, from the outset. Understanding the subluxation complex is the key.

The VSC has knock on effects throughout the system therefore consider the effects of a VSC on a growing and developing skeleton, a developing and maturing nervous system and the effect upon the organ systems that a compensatory change has to create. The integrity of the young central nervous system is paramount along with the development of the skeleton, which houses and protects it.

From conception the child, like the adult, can be affected by internal and external trauma which could set up a VSC. Like the adult, Physical, Chemical and Emotional trauma can set a VSC into being but unlike the adult, it is very often not shown simply as pain. (Although, I feel that the effects of the VSC in adults are simplified and is proving much more complex and far reaching as we research it) What we see in children are complex changes in function and development.

The child as a patient provides the chiropractor with many more challenges. This developing human being, whose ranges of normal are constantly changing, if seen young enough cannot communicate in very much more than cries and babbles. They change daily, they grow by the minute and they alter their way of appreciating the world by the second. Within all this change, we have to find the normal from the abnormal and treat the malfunctioning that is caused by the VSC. It is important to state however, that good chiropractic child care must recognise which child can be managed solely with this form of treatment and which child should be referred for orthodox medical intervention.

The procedure for examining a child is different from the adult in that it is age variable but the outcome will be the same. Find the VSC and adjust it. Monitor the progress, growth and development of the child and remain vigilant for any signs of recurring or new VSC.

Problems in children

- Colic or Irritable Baby Syndrome
- Birth Trauma
- Plagiocephaly (skull deformity)
- Torticollis
- Bed Wetting
- Squint
- Headache or Migraine
- Recurrent Ear Nose and Throat infection
- Learning difficulty
- Neurological Conditions
- Knock knees
- Back Pain
- Sports injury