

Interview with Elliot Goodrich



What influenced you to become a chiropractor?

When I was at school, I used to play a lot of rugby. This was all well and good when I was 13 and bigger than everyone else, but it wasn't long before they caught up and overtook me! After that I was on the receiving end of plenty of injuries! A local chiropractor helped keep me together while I continued playing and, after plenty of discussions about my interests and favourite subjects at school, he asked if I had considered doing what he did! I observed a few clinics and I was sold on the idea.

What training did you undertake to work in your chosen profession?

I spent five years studying my Masters of Chiropractic at the AECC chiropractic college in Bournemouth.

How did you get involved with Durham House?

After leaving the Bournemouth area and looking for somewhere new to settle, Durham House at the time needed a sports based practitioner and someone with interest in rehabilitation. Both myself and the clinic were a good match.

What aspect of your job do you enjoy most and why?

The most enjoyable part of the job for me is the problem solving it requires - whether that's looking for ways to motivate a patient or understanding the reason why someone has reoccurring pain. Every patient has a different set of problems to understand which keeps me interested and enjoying it! One of my favourite things to do is to guide people back to sport from injury.

What is the most rewarding part of your job?

The most rewarding part of being a chiropractor is when you help someone find the motivation to make a positive change in their life, whether it's doing more exercise or just taking more care of their stress. It's great when the penny drops and people realise that they can be more in control of their pain! That's one of the reasons I enjoy running some of our Flexicore classes in the Studio.

What tips would you give someone who is worried about having treatment or joining a Flexicore class?

I have a bit of a reputation as a cruel task master in my classes, but I'll always be able to tweak an exercise for you if you're struggling. Learning how to push yourself safely is an important part of gaining control of your body and can really boost your confidence.

What would you tell someone who might be considering a career as a chiropractor?

Come and observe one of my clinics! I'm happy to help with any information required or answer any questions you have.

What do you wish other people knew about chiropractic?

We don't just treat backs! Most of my patients actually have lower limb issues, i.e. knees, ankles and feet.

What do you enjoy doing when you aren't working?

Mainly falling off things! I'm a keen outdoorsman, rock climbing, mountain biking and hiking whenever I have a spare second. I don't mind what I do, as long as I'm outside!