



## August Newsletter Interview - Nick Wevill - Chiropractor



**Why did you become a therapist/instructor?** became a Chiropractor after doing volunteer work in a stroke rehabilitation clinic and then in a physiotherapy department for handicapped children. This gave me an insight into working hands on with people and seeing tangible improvements in patients' health and wellbeing. From here I did work experience in various professions and looked around universities. Chiropractic was the one that appealed to me the most.

**What training did you do to work in your chosen profession?** To become a chiropractor you need a University degree, this takes between 4-5 years. The course includes sciences such as: Anatomy, Physiology, Biomechanics, and Pathology. Once you have graduated we continue our training with continued professional development. We are required to 30 hours a year, though we can choose which areas of interest we want to study in. The last 3 courses I went to were about, low back rehabilitation, hip pathologies (diseases) in adults and paediatrics (children), and shoulder pathologies and examination.

**How did you find your job?** My wife works at Durham House and I was unsatisfied in my previous position. When the Chiropractor before me handed in her notice Felicity let me know and I enquired after the position, which I was fortunate enough to get. Durham House is an exciting and dynamic place to work; with addition of the studio, I feel it really supplies patients the opportunity to get a complete care package. I find it immensely gratifying being involved in such an environment.

**What do you like about Durham House?** Durham House is a very positive place to work in and I like the ethos here. We focus on reducing pain, improving function, achieving optimal health, and maintaining health. With the wide variety of professions, the Studio (including the Flexicore rehabilitation classes and other classes), I think we can provide a full and satisfactory care programme for whatever the patient requires.

**What is a typical work day like?** I come in for 08.15 usually, and start treating patients at 08.30. I then treat patients all morning. Generally at the beginning of lunch I will catch up on phone calls, letters etc. and in the afternoon around 15.00 I start treating patients again until 19.00, though recently we have had to go onto 19.30 on multiple occasions. On Monday night and Friday morning I take my Flexicore classes. These mostly look at low back and postural rehabilitation, but I take a runners Flexicore on Monday that looks much more at performance improvement.

**What is the most rewarding part of your job?** This is easy. It is seeing patients improve, be that in pain reduction or performance improvement.

**Do you have any tips for people who are worried about having treatments with you/taking a class with you?** I have found over the years the easiest way to feel at ease is to come in and visit the clinic. We offer a free 15 minute consultation where people can visit us to see what we offer and talk through any concerns that they have. Treatment can always be altered to suit the patient, and no one will have treatment they don't want forced upon them. We work with patients to find the best course of action for them.

**Do you have any tips for people considering a career as a therapist/instructor?** I always feel that playing to your strengths is good, hopefully you'll choose a career you'll be in for several years so doing something you like is important. Talking to the people who do the job will give you a good insight as to what the day to day job entails. Following up on that doing work experience or volunteer work will give you a good feel for any job. I first wanted to do Micro biology but after working in a lab I realised that I didn't want to spend my day looking down a microscopes, so I tried other things instead.

**Is there an aspect of your practice that particularly interests you?**

Most people initially see us because they are in pain, so pain reduction is an important part of our job. We know that spinal manipulation improves mechanical function of the joints and there is building evidence of the good neurological pain reduction effects that this has.

Citation 1) is the most recent I have read showing this. It basically says the Spinal manipulation helps reduce pain summation in the temporal lobe of the brain by neural inhibitory effects.

Another important aspect of my work is rehabilitation and having bench marks to measure is important, I often like to use biopressure feedback and Sorensen's test (see Citation 2) to measure these.

One researcher on low back rehabilitation I have read recently is Stuart McGill I often use his information and exercises in my flexicore classes. 2 references for his work can be found below in Citation 3), 4) and 5). I like the mechanistic and evaluatory approach he brings to his work. Part of my interpretation of his work is that there is no one golden activity. It is more a case of finding the individuals weakness and providing exercises to suit them and their condition.

### Citations:

Randoll C, Gagnon-Normanton V, Tessier J, Bois S, Rustamov N, O'Shaughnessy J, Descarreaux M, Piche M. (2017) Neuroscience. **The Mechanism of back pain relief by spinal manipulation relies on decreased temporal summation of pain.** 2017 May 4;349:220-228. Doi:10.1016/j.neuroscience.2017.03.006. Epub 2017Mar 11

Demoulin C1, Vanderthommen M, Duysens C, Crielaard JM. (2006) **Spinal muscle evaluation using the Sorensen test: a critical appraisal of the literature.**

Joint Bone Spine. 2006 Jan;73(1):43-50.

McGill, S.M. Invited Paper. (1998) **Low back exercises: Evidence for improving exercise regimens.** Physical Therapy, 78(7): 754-765.

McGill, S.M. (2009) **Ultimate back fitness and performance - Fourth Edition,** Backfitpro Inc., Waterloo, Canada, ([www.backfitpro.com](http://www.backfitpro.com)).

McGill, S.M., (2007) (DVD) **The Ultimate Back: Assessment and therapeutic exercise,** [www.backfitpro.com](http://www.backfitpro.com)