

I was first treated by Mark Knowles in the summer of 2009. I had hurt my lower back with over zealous gardening and further damage was done by slipping on a wet floor.

Mark not only treated my lower back successfully but also identified the cause of a long standing problem with my neck which I had been told was untreatable by health professionals in the N.H.S. I had previously had ultrasound and x-rays to check my throat and neck. These revealed osteophytes on my vertebrae which were thought to be causing pain and the constant need to swallow. Mark treated the muscles in my neck and by relaxing them, reduced the need to swallow and the accompanying pain. He also gave me exercises to maintain the pain free state. I am confident that mark is a knowledgeable and skilled chiropractor and would encourage anyone to seek his professional help.

Xanthe Oliver