

Brief Historical Outlook

John McTimoney (1914-1980) introduced this gentle manipulation of the spine into the UK in the 70's after completing 4 years training with Dr Mary Walker DC, a graduate of the Palmer College in Iowa, USA, which was the first chiropractic college to be established (chiro - practic simply means done by hand from Greek).

Later, in practice, he refined and developed what he had been taught into a unique whole-body treatment.

His entire approach was based on the belief that the main cause of disease and pain was the misalignment of the spine and other joints of the body thus at each treatment nearly all the joints are checked for their correct alignment. (Minimum length of each treatment is 1/2 hr).

This approach to dis-ease and pain has been apparent since Hypocrites, but it was D.D Palmer who at the end of the last century, formulated this belief into a philosophy, art and science of holistic medicine.

It was Palmer's original insights and techniques that John McTimoney returned in his quest for a gentle, effective, natural and especially non-invasive treatment of dis-ease. He was especially keen on working as much as possible with the medical profession as a complimentary holistic approach.