[Home](https://www.sydneychiroandmassage.com.au/) [About Us](https://www.sydneychiroandmassage.com.au/about-us/) [Services](https://www.sydneychiroandmassage.com.au/lana/)

[What We Treat](#_bookmark0)

 [Lower Back Pain](https://www.sydneychiroandmassage.com.au/portfolio/lower-back-pain/)

 [Neck Pain & Stiffness](https://www.sydneychiroandmassage.com.au/portfolio/neck-pain-stiffness/)  [Shoulder Pain](https://www.sydneychiroandmassage.com.au/portfolio/shoulder-pain/)

 [Knee Pain](https://www.sydneychiroandmassage.com.au/portfolio/knee-pain/)  [Hip Pain](https://www.sydneychiroandmassage.com.au/portfolio/hip-pain/)

 [Upper Back Pain & Stiffness](https://www.sydneychiroandmassage.com.au/portfolio/upper-back-pain-stiffness/)  [Sport Injuries](https://www.sydneychiroandmassage.com.au/portfolio/sport-injuries/)

 [Headaches](https://www.sydneychiroandmassage.com.au/portfolio/headaches/)  [Sciatica](https://www.sydneychiroandmassage.com.au/portfolio/sciatica/)

 [Whiplash](https://www.sydneychiroandmassage.com.au/portfolio/whiplash/)

 [Sacroilliac Pian & Dysfunction](https://www.sydneychiroandmassage.com.au/portfolio/sacroilliac-pian-dysfunction/)

 [General Muscle Tension & Stiffness](https://www.sydneychiroandmassage.com.au/portfolio/general-muscle-tension-stiffness/)

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**Your Holstic Chiropractor In Sydney CBD.**

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[Have you been to a chiropractor who took x-rays, claimed your pain is due to misalignments or having a straight neck and](https://www.sydneychiroandmassage.com.au/everyone-should-avoid-these-chiropractic-scams/) [tried to sign you to a “corrective care plan” that lasted several months? Read my article for more information.](https://www.sydneychiroandmassage.com.au/everyone-should-avoid-these-chiropractic-scams/)

**Your Holistic Chiropractor in Sydney CBD.**

Are you the typical office worker that spends countless hours sitting in front of the computer, do you suffer from daily aches and pains, headaches, tension or knots in your shoulders that never seem to go away? Then you’ve come to the right place! Kieran offers an holistic approach to pain and injury. Unlike other chiropractors he doesn’t use 10 minute, cookie cutter appointments, unnecessary x-rays and does not try to sign you up to contracts. Kieran combines, deep tissue massage/muscle manipulation, cupping, dry needling prior to chiropractic adjustments to the spine. This approach is not offered anywhere

else in Sydney.

**Saves You Time & Money.**

In Kieran’s experience this approach makes the chiropractic treatment more comfortable and effective and with our busy lifestyles and cost of living most people shouldn’t have to waste their time and hard earned money on needing several,

symptom focused visits a week over several months, with Kieran’s comprehensive approach, most only need a single visit per week, with most well on the way to recovery by the third visit!

**30-45 min. appointments Cost Effective (see faq’s) Over 15 Years Experience Lifestyle Advice**

**Difficult Cases Welcome Saves you money**

[Learn more about Kieran](https://www.sydneychiroandmassage.com.au/about-us/)

[Learn about his approach](https://www.sydneychiroandmassage.com.au/lana/)

**Latest Sydney Chiropractor Treatment Blog**

[**Does a “Straight Neck” Cause Pain?**](https://www.sydneychiroandmassage.com.au/does-a-straight-neck-cause-pain/)

[kieranf, February 20, 2024](https://www.sydneychiroandmassage.com.au/does-a-straight-neck-cause-pain/)

**“The Underlying Cause of Back Pain”**

kieranf, January 27, 2024

[**Is Misalignment Actually Causing Your Back Pain?**](https://www.sydneychiroandmassage.com.au/is-misalignment-actually-causing-your-back-pain/)

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[**Is y our “slouched” p osture really causing y our neck p ain?**](https://www.sydneychiroandmassage.com.au/is-a-slouched-posture-causing-your-neck-pain/)

[kieranf, October 30, 2023](https://www.sydneychiroandmassage.com.au/is-a-slouched-posture-causing-your-neck-pain/)

[**A Wholistic App roach to Pain, Tension & Wellness.**](https://www.sydneychiroandmassage.com.au/a-wholistic-approach-to-pain-tension-wellness/)

[kieranf, October 28, 2023](https://www.sydneychiroandmassage.com.au/a-wholistic-approach-to-pain-tension-wellness/)

[**10 Common Myths Your Chiro, Physio or Doctor Probably Won’t Tell You About Back Pain.**](https://www.sydneychiroandmassage.com.au/10-common-myths-your-chiro-physio-or-doctor-wont-tell-you/)

[kieranf, July 25, 2023](https://www.sydneychiroandmassage.com.au/10-common-myths-your-chiro-physio-or-doctor-wont-tell-you/)

**Common Conditions Treated by Your Sydney Chiropractor**

At Sydney Chiropractic & Massage our specialist treatment is ideal for those who are suffering chronic & acute back & neck pain, sciatica, headaches & shoulder pain. Your Sydney chiropractor is the only person in Australia trained as a myotherapist (SLM) and chiropractic. Your Sydney CBD chiropractor looks forward to helping you feel better, move better and become pain free again.

[**Lower Back Pain**](https://www.sydneychiroandmassage.com.au/portfolio/lower-back-pain/)

[**Sacroilliac Pian & Dysfunction**](https://www.sydneychiroandmassage.com.au/portfolio/sacroilliac-pian-dysfunction/)

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**Frequently Asked Questions**

[How much does treatment cost?](#_bookmark1)

In the CBD a chiropractor visit can be up to $85 for 10-minutes. With this symptomatic approach most people will more than likely need multiple visits a week and frequent and ongoing visits.

At Sydney Chiropractic & Massage you get a 30–45 minute treatment which includes chiropractic, massage, dry needling, myofascial cupping for only $90 & $120. This approach saves you money as you get much more hands-on time spent with you, with most people only needing 2-3 visits and there is no need to see several professionals for the same issue.

[Do I need x-rays?](#_bookmark2)

Unless you have had a history of trauma, cancer or other more serious symptoms you do not need x-rays. Research has clearly showed the things that show up on x-rays such as arthritis/degeneration, misalignment etc… are not related to pain.

You could take an x-ray of a group of people who never/rarely gets back pain and the findings will be almost identical to someone who has back pain. **The Chiropractic Board of Australia strongly recommends against the use of x-rays**

**without proper clinical justification.** Taking x-rays to look for misalignments & arthritis is not clinical justification & goes against not only chiropractic, but medical & physiotherapy guidelines.

**I have seen them used countless times as a scare tactic and a marketing scam.** Someone has back pain, they get x-rays taken, told there “spine is out” and they have “arthritis” (which everyone has) and that’s the cause of their pain & will need to commit to excessive & expensive “care plans” & out of fear a more likely to do so. **A 2019 study in the prestigious**

**European Spine Journal found imaging in low back pain is associated with higher treatment costs & increased treatment utilization.** Which is great if you’re a dishonest practitioner or therapist looking to increase profits.

[Is your treatment painful?](#_bookmark3)

Generally speaking, the adjustments are quick and painless. Some people may be hesitant about getting certain areas of the body adjusted, in that case there are many effective alternate techniques which can be used if needed.

The massage for the most part is a good or relieving pain, it may get a bit intense at certain points but the pressure is always kept below your threshold & done in short intervals. Usually by the second treatment as the muscles have released the

massage is usually very relaxing and most look forward to the muscle work especially after longs hours sitting at a desk. [Do doctors recommend chiropractic?](#_bookmark4)

This depends on the chiropractor and the referring doctor. I have several GP’s refer their musculoskeletal patients to me based on positive feedback from mutual patients and my high success rate. I also have doctors I see as patients.

[Do you accept private health funds and Medicare?](#_bookmark5)

Yes, assuming you are covered for chiropractic you can get private health fund reimbursement. To get chiropractic partly covered by Medicare you will need to get an Extra Patient Care form from your GP. This is totally at the GP’s discretion.

**Sharon**

*Waterloo (Myotherapy client)*

**Sebastion**

*Randwick (Myotherapy client)*

**Lana**

*Darlinghurst (Myotherapy client)*

I have for several years persevered with persistent pain in my lower back, neck and shoulders. Over the years I have tried everything to reduce the discomfort and at least make life a little more comfortable however everything I tried provided very little relief and the small amount I did achieve didn’t last

long. Finding Kieran was actually a fluke it was a Saturday, I was experiencing real discomfort I had tried the general massage places that didn’t provide much relief. I literally stumbled onto Kieran’s practice and after the first session felt considerably better even after a week. I have continued seeing Kieran since as I am what is considered a work in progress. After trying everything and everybody for so many years, I feel extremely lucky to stumble on something that is actually helping.

I’ve experienced back pain for a very long time, often experiencing sleepless nights and having to take days off work. I’ve been referred to Physios by my GP to address the pain, but I hadn’t found anything

that worked for me. I found Kieran purely by chance. I drove past his clinic to/from work, and decided to drop in to see if a massage would help. Since starting my weekly sessions, my back pain has reduced considerably and I’m no longer troubled by sleepless nights. Kieran focused not only on the location of

the pain, but put a lot of effort into other areas which has made all the difference.

I had been enduring an ongoing running related hip injury as well as neck and shoulder pain for more than six months before seeing Kieran. I was experiencing daily discomfort and was unable to do sport,

despite costly osteopath and physiotherapy treatments. Kieran’s unique approach, which treats the whole body, delivered immediate relief to my back and neck pain, and after only another month or so of treatment my chronic hip pain had improved and I was back running and enjoying sport again. I highly recommend Kieran to anyone with an injury or discomfort.

kieranfHome

**About Us**

Sydney Chiropractic and Massage is the only clinic in Australia offering the combination of chiropractic and Steve Lockhart’s Myotherapy (SLM), we believe this makes us true experts in treating pain, tension and injury. Contact our

chiropractor Sydney on 0424 52 5599

[Book Online](https://sydneychiroandmassage.acuityscheduling.com/)

**Recent posts**

[Does a “Straight Neck” Cause Pain?](https://www.sydneychiroandmassage.com.au/does-a-straight-neck-cause-pain/) February 20, 2024

[“The Underlying Cause of Back Pain”](https://www.sydneychiroandmassage.com.au/the-underlying-cause-of-back-pain/) January 27, 2024

[Is Misalignment Actually Causing Your Back Pain?](https://www.sydneychiroandmassage.com.au/is-misalignment-actually-causing-your-back-pain/) January 13, 2024

**Categories**

 [Are X-Rays Necessary?](https://www.sydneychiroandmassage.com.au/category/are-x-rays-necessary/)

 [Chiropractic for Migraine & Headache](https://www.sydneychiroandmassage.com.au/category/chiropractic-for-migraine-headache/)

 [Chiropractor Sydney](https://www.sydneychiroandmassage.com.au/category/chiropractor-sydney/)

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**Locations**

Chiropractor Sydney

Suite 3, lvl 9/ 60 Pitt St Wynyard – NSW 2000.

Less than 5 min walk from Wynyard.

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