



Interview with Frida Forshallen

What influenced you to become a chiropractor?

As a teenager I did a lot of sports, mainly orienteering and cross country skiing. During an orienteering competition, I jumped down a ledge and landed badly, tearing a ligament in my knee. It was bad enough that I needed surgery on it and, with this, I had a lot of physiotherapy. I became interested in the physio side but felt like I wanted to do something more hands on. My mum saw a chiropractor and I went with her to observe her treatment - chiropractic was more for me.

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

I started out training as a massage therapist and worked with that until I started studying chiropractic. I did my degree in Bournemouth at the Anglo European College of Chiropractic. Since then I've completed a few shorter courses in rehabilitation, running technique and I am just about to start a sports chiropractic course.

How did you get involved with Durham House?

My husband Elliot was already working for Durham House as a chiropractor. He let me know that one of the chiropractors was leaving and that they were looking for someone new.

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

Obviously the fact that I get to help people is great! One of the main things I like is encouraging people to be more active. I try and work with my patients to find the right activity for them - it's great when they come back and tell me they've bought a fitness tracker, tried a new sport or a class that they're enjoying.

What is the most rewarding part of your job?

When I have patients that hobble in to the treatment room and, after treatment, are able to walk back out a bit more upright and relaxed.

What tips would you give someone who is worried about having treatment with you?

Book in for a free consult, which involves a 15 minute chat where you can ask questions. If there's anything specific you're worried about, I'll do my best to answer it.

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

Do what I did and observe a chiropractor. The universities offering chiropractic degrees also have very good open days that are worth attending.

What do you wish other people knew about your profession?

We don't just treat back pain, we also deal with legs and arm injuries. Things like knee osteoarthritis, tennis elbow and tension headaches coming from the neck are examples of what we can treat as well.

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

I do love cross country skiing, so whenever I have some time off in the winter, I head back to my family in Sweden and go skiing. Otherwise I like to go climbing, cycling or running. I am also a mean cake baker and have recently started trying to master the art of baking bread.