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HOT SHOTS

VELI SOLYALI Chiropractor

What's been the most difficult part of your career?
Dealing with the perception that chiropractors are uneducated.

Describe a typical day.
I train at the gym at 6am, eat breakfast and start work at 8am. I see back-to-back patients, grab a quick lunch and consult for the afternoon. My patients vary between those who require rehabilitation from an injury, spinal assessment or those who want to test our variety of mattresses for a good night's sleep.

What's the best thing about your job?
My team and my patients – they really do make coming to work a pleasure. Also, the variety of work. Ultimately, as chiropractors we advocate spinal health and with this comes manipulation, massage and mattresses.

And the worst thing?
Administration – it is tiresome but essential.

ANNABEL ROSS

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