Excellent, Supportive & Multidisciplinary Team…

Clinical Support

You'll find it's an excellent team here at Lushington Chiropractic. They are fun and enthusiastic as well as knowledgeable and supportive.

You'll benefit from the clinical support of our weekly chiro and case meetings and technique sessions. You'll be able to informally discuss cases with various colleagues when you would like an extra perspective.

Social Network

You'll enjoy the various team building and simple social activities we do at Lushington, past activities include:

- ✓ Watching a Brighton & Hove Albion game at the AMEX Stadium
- ✓ Kayaking at Cuckmere Haven
- ✓ Ice skating at Brighton Pavillion rink
- ✓ We have completed several Escape games as a team
- ✓ The Crystal maze experience in London
- ✓ Woodcraft in Arlington Woods
- ✓ Cookery Class at Bluebell Farmhouse
- ✓ Sailing Boat afternoon to watch Airborne from the sea
- ✓ Quiz nights, Cocktail Classes and Games nights
- ✓ And later this year we are planning a team campout!

Here's what the team say…



Emma Johnson DC, MChiro

AECC Grad 2020

I joined Lushington Chiropractic straight after graduation in 2020 and I'm very happy I did.

The team were great helping me get started. The range of chiropractors from different backgrounds, meant there was always something new to learn or someone around to ask their opinion.

There's a big focus on teamwork with everyone (Massage therapists, Chiropractic Assistants and Chiropractor's) working together to create a great environment to work in.

I received as much time as I needed with James (Principal DC) in order to discuss cases, help with my development and to complete my RCC PRTS. James created his mentoring program in place to help new graduates, which I found extremely helpful in allowing me to grow faster as a practitioner. I am now a PRTS mentor myself, which I have found to be very rewarding, helping others on their journey.

We have a huge focus on patient centred care and as a result a large portion of our new patients come in as referrals. The clinic is well thought of in the local community and because of that we have won several awards the most recent being Eastbourne's Business of the Year Award. I believe the award reflects well on everyone's hard work here at the clinic.

If you're looking for a clinic with a steady flow of new patients, a focus on function over pain, mentorship, a fantastic team and a great place to work then send James an email and setup an observation.



Mykel Mason DC,LRCC,MChiro

WIOC Grad 2012

Lushington is an excellent clinic! The team are fun, enthusiastic and dedicated to what we do. James is passionate about chiropractic (without being too crazy) and does so much to help us associates. He strives to get a good balance of working efficiently and enjoying your job. James emphasizes that we're a team aiming for the same thing.

After working at Lushington full time for 9 years I moved to Ipswich to be closer to family, but I still return to Lushington periodically to carry out a clinic so I can continue to see some of my guests and I get to catch up with the team too!

Being part of the Lushington team is one of my favourite parts of working at Lushington, I particularly enjoy the team building and socials we do. We took part in the Gauntlet games and few years ago and this was such good fun. We've also visited an anatomy dissection display, had team trips to Chiro conferences, play escape games as well as a range of local community and sporting events.

But there's far more to Lushington than just fun-and-games! There's a pride and passion for chiropractic that I've not seen in other clinics. There's lots of opportunity to learn and share within the team. Everyone's supportive and puts the patient's needs first. Having been here for over 10 years I'm proud not only of the team, but the results we see in our patients, the professional care that's taken and the attitude everyone has here about what they do. This is a fantastic team to be part of and a great place to work.

Elizabeth Wright DC, MSc(Chiro), BSc (Hons)



AECC Grad 2024

I worked at Lushington initially as a Sports Massage Therapist, but after 3 years I decided that I'd like to go back to university and carry out my masters in Chiropractic.

I returned to the clinic in 2024 as a Chiropractor, and received a warm welcome from guests and the team alike. It felt like coming home!

You'll find that Lushington is a great clinic to work at. We're very well-established and have a constant flow of new patients.

The clinic comes up first on peoples' searches and people choose us because of all our great reviews I believe we just hit 850 5 star reviews!

We really do have a fantastic team of professionals here. The chiropractors are all great - really friendly and helpful too. The massage therapists/sports therapists are all top quality and we have good communication with them in order to serve out patients efficiently. The CA's are extra special, they are very supportive and dedicated and always go the extra mile both for the guests but to help you as a chiropractor as well.

James is a hard-working clinic owner. He strives for excellence and is supportive in helping you to be the best you can, with a real positive energy. He's also good at making sure we have regular contact (& support when you need it) with him and other team members.

There's a great team vibe here. We have plenty of social events, and a natural sense of support. This is a great clinic to work at if you enjoy being part of a team, and having support in your growth as a chiropractor.

Louise Ozier DC, MChiro



AECC Grad 2026

I have worked at Lushington Chiropractic since graduation in Feb 2026. James has been really supportive and is always readily available should myself or another member of staff need help, even last thing after a long day!

In addition, he has been a thorough and dedicated professional mentor, helping me greatly during my time here at Lushington Chiropractic.

I feel strongly that if I had worked at another clinic, I would not have received the same level of mentorship and professional assistance that I have received here, with James, Emma & Lizzie.

I greatly appreciate his help in my professional development, his heartfelt advice, his enthusiasm in building and keeping a great team in the clinic and his passion and hard work in his role as the clinic's principal chiropractor.

Our team here at Lushington is second to none, there is a real sense of being part of a family and everyone looks out for each other. This was especially comforting when moving to a new town where I didn't know anyone, I was taken under their wing and felt at home straight away.



Faith Bate DC, MChiro

AECC Grad Summer 2026

I have been working at lushington chiropractic since graduating in September 2026. Starting your career can be daunting, but the support from the team has made the transition much easier. From day one, you feel part of a team where everyone works together and helps each other. With a wide range of practitioners, from massage therapists to podiatrists, there is always someone to learn from and turn to support.

James' passion for the clinic and his patients is clear from the start. This comes through in the way he teaches, and I have already learnt so much that I know I will carry with me throughout my career.

Lushington is a well-established clinic with a strong reputation for thorough, individualised care. Every patient is treated as an individual, with time taken to understand their needs. The clinic assistants play a huge part in creating a welcoming environment and making the patients feel comfortable from the moment they walk through the door.

What stood out to me most was the way everyone wants to see each other succeed. There is a genuine sense of teamwork, a willingness to share knowledge and a supportive environment where you can continue to grow. This is what drew me to Lushington, and I am excited to keep learning and developing.

Sabrina Appleyard

Clinic Manager Joined the team in 2018



In my 30 years of working, I have never worked with a team as lovely as the team here at Lushington. Lushington Chiropractic is a Unique & Special Place to Work.

It genuinely gives a warm and welcoming atmosphere from the moment you walk through the door.

James is a champion with ongoing development and ensures both in house and external training is given to help us all develop, whatever our roles within the team.

I've seen him help the new-graduate chiropractors grow over the years. He's a wonderful mentor and many of our old chiropractors keep in touch, or even pop in to help as Locums.

James is great in recognising and acknowledging efforts made by his chiropractors and the other team members. He has no reservations with thanking us and giving rewards in recognition.

James promotes and encourages a great work-life balance at Lushington Chiropractic. He's arranged and personally paid for social and team build events like kayaking, dry slope skiing, pottery and many more. At Lushington we all work hard, but there's great team spirit and support in the clinic that is second to none.

Lushington is very active with supporting the local community and fundraising for charities. Each year we raise hundreds for various charities. Some of the charities supported through the years have been Dogs for the blind, Barnardo's, Salvation Army, St Wilfrid's Hospice, Cancer Research, Local Schools and more.

If you want to be part of a great team you cannot go wrong with joining us here at Lushington chiropractic!