**Home Page:**

**Jonathan Edis Osteopath**

**Osteopathy & Osteopathic Lecturing**

**Osteopathy in Greenwich, UK**

* **BSc (Hons) Osteopathy**
* **Osteopath since 2001**
* **Registered with the General Osteopathic Council (GOsC)**
* **Registration Number: 4616**
* **Specialising in the osteopathic treatment of musculoskeletal problems for adults**

**Osteopathic lecturing in the UK & Europe**

* **PgCAP, FHEA**
* **UK continuous professional development (CPD) & international lecturer since 2010**
* **Online/face-to-face lectures & face-to-face workshops**
* **Specialising in Still Technique**

**If you would like to discuss a problem, or make an appointment, please call 07871 836785 or Contact Me**

**Embed logos?:**

* **je logo (large scale?)**
* **GOsC logo**
* **I’m Registered Logo**

**About Me Page:**

I am an osteopath, registered with the General Osteopathic Council (GOsC) in the UK (reg. number 4616) & a lecturer in osteopathy.

I qualified from the British School of Osteopathy (BSO), now the University College of Osteopathy, in 2001, & have worked in various private, NHS & higher education settings.

I specialise in treating adults (18+) & don’t work with children (or animals!).

From 2002, I combined working in private practice in SE London with lecturing at BSO, taking a full time academic & clinical role there in 2006. In 2016, I went part time to concentrate on my family & returned to private practice in 2023.

Since 2010, I have delivered post-graduate continuous professional development (CPD) lectures & workshops in osteopathy. I specialise in **Still Technique**, & have taught in UK, Italy, Poland & the Netherlands.

Outside of work, I follow West Ham Utd & England cricket (for my sins); I also write & occasionally publish poetry, co-running a small, local Poetry Society writing group in south east London.

(embed portrait photo)

**What is Osteopathy? Page**

Osteopathy is a manual therapy for the relief of symptoms relating to the musculoskeletal system (bones, joints, muscles, ligaments & tendons).These include:

* Back & neck pain (e.g lumbar pain, upper back pain)
* Shoulder pain (e.g. rotator cuff problems, frozen shoulder)
* Elbow, hand & wrist pain
* Hip & knee pain
* Foot & ankle pain (e.g. plantar fasciitis)
* Certain types of headaches
* Muscle & tendon strains (e.g. tennis elbow)
* Ligament sprains
* Joint pain, such as the pain of osteoarthritis (or age-related changes as we call them these days)
* Nerve pain (e.g. sciatica or pain relating to the sciatic nerve).

There is also some limited & anecdotal evidence that it may help relieve symptoms of some other problems such as irritable bowel syndrome (IBS), gastro-oesophageal reflux (GOR) & asthma.

In the UK, osteopathy is one of 14 **Allied Health Professions (AHP)** designated by the NHS. It is regulated by its own statutory body, the **General Osteopathic Council (GOsC)**, with which all osteopaths must be registered.

Being a manual therapy means that, after discussing your issue with you, I primarily use my hands to physically examine you; I might also need to use some medical kit (e.g. thermometer, stethoscope *etc.*) that your GP might, or watch you do some simple movements during this process. This leads to an assessment (or diagnosis) of your problem in the context of your experience.

If I think your problem is appropriate for osteopathic treatment, I then use my hands to deliver treatment. I use a range of osteopathic techniques that are appropriate to your age & problem – these may include passive joint mobilisation, joint manipulation (called high velocity thrust or HVT), muscle energy techniques (MET), massage (very occasionally) & a gentler form of osteopathic manipulation from the USA called Still Technique.

Wider management might include reassurance, referral to another health care professionals (if needed), advice & simple exercises.

On average, a course of osteopathic treatment is around 4-6 sessions, though it will depend on the nature of your problem & the shared decisions that we make in your care. Many simple, short term (acute) problems often clear up quickly with simple self-care advice & little or no need for intervention; longer term, more persistent problems may require more sessions & a more nuanced, diverse & integrated approach.

I cannot & do not prescribe medication for your problem, though I may suggest you consult your pharmacist or GP for this. You also do not need a referral from a GP to make an appointment with me.

For more information about how I could help & what to expect from a consultation, please look at the video & info graphic below. I’m happy to answer any further questions you might have when you contact me.

(Embed video: <https://www.youtube.com/watch?v=ZAcjUJ2SgNk&t=6s>)

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**Osteopathic Lecturing Page**

Since 2010, I have delivered post-graduate continuous professional development (CPD) lectures & workshops in osteopathy. While I have occasionally taught anatomy, high velocity thrust (HVT) & osteopathic principles, my speciality is an American osteopathic manipulative technique (OMT) called **Still Technique**.

I deliver a range of services for **Still Technique**, from online or face-to-face lectures to 1-day & 2-day face-to-face workshops.

In the UK, I have delivered Still Technique lectures & workshops for:

* CPD Today
* British School of Osteopath (BSO)/University College of Osteopathy (UCO)
* Manus Sinistra (UCO SU society)
* College of Osteopaths
* London Osteopathic Society (LOS)
* Midlands Osteopathic Society (MOS)
* Central Sussex Osteopaths
* Waltham Forest Osteopathic Group (WFOG)

In Europe, I have delivered Still Technique workshops for:

* CPO Fulford DO (Italy)
* Rehaintegro (Poland)
* Panta Rhei (Netherlands)

For more details of my lecturing services, please contact me.

For a flavour of my workshops, why not have a look at the gallery. (hyperlink to gallery page?)

Embed clients logos (in zip file).

**Gallery Page**

**Embed images of me lecturing!**

**Appointments & Fees, Location, Contact & Hours Page**

**Osteopathy**

New patient consultation

* allocation of 60 minutes
* price £70

Follow up consultation

* allocation of 30 minutes
* price £60

Payment accepted:

* Cash
* Cheque
* All major bank/credit cards, Apple Pay, Google Pay (not Samsung Pay)

**Osteopathic Lecturing**

* Fees (+ expenses) variable – please contact me to discuss

(I’ve decided that I don’t want to do online booking or payments – as I only treat adults, I don’t want the faff of parents booking their children in & then having to cancel them.)

Open:

* Monday 08:30 – 12:30

Location:

* Linear House, Peyton Place, Greenwich, London. SE10 8RS (link to Google Maps?)

Contact:

* Tel: 07871 836785
* Email: [jonedisosteopath@gmail.com](mailto:jonedisosteopath@gmail.com)

**Social Media:**

Facebook:

* Jonathan Edis Osteopath
* <https://www.facebook.com/jonathanedisosteopath>

Instagram:

* jonedis\_osteo
* <https://www.instagram.com/jonedis_osteo/>