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| What is Osteopathy? |
| Osteopathy is a highly effective form of physical therapy. We diagnose and treat the root cause of the pain, not just the symptoms, using techniques such as massage, mobilisation and manipulation to improve the health of muscles and joints. Each treatment is tailored to the patients specific needs as the root cause of (for example) two cases of shoulder pain can be very different from one individual to another even though the symptoms may feel similar. We are perhaps best known for our treatment of the spine i.e. back and neck pain, but we specialise in all forms of muscle and joint pain including e.g. sports injuries such as pulled muscles or sprained joints in the arms and legs. |

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| What can be treated? |
| The beneficial effects of osteopathy are far-reaching and treatable conditions include, but are not limited to:-   * Muscle and joint pain * Arthritic pain * Headaches, migraines, Sinusitis * Backache, sciatica * Neck pain and shoulder tension * Trapped nerves e.g. carpal tunnel syndrome * Pregnancy related problems * Repetitive Strains e.g. Tennis elbow * Shoulder problem e.g. Frozen shoulder * Digestive disorders e.g. IBS, reflux * Stress related and breathing problems * Sports Injuries |

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| What happens when I visit an osteopath? |
| During your first visit to the osteopath a thorough case history will be taken from you including information about your medical history and the present complaint/condition.  The osteopath will then assess the site of pain, your general posture and mobility. This may require you to remove some outer items of clothing. Some specialised examinations (for e.g. reflexes, blood pressure) may also be performed.  Treatments are tailored specifically to the individual and include a variety of soft tissue massage and stretches to help relax and restore elasticity within the tissues and improve circulation. Other techniques like manipulation and articulation help restore normal joint mobility and improve flexibility.  After treatment, the osteopath will give advice on how to speed up recovery and how to prevent further occurrence of the problem in the future. |

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| Do I need a doctors referral? |
| No. Osteopaths are fully trained to identify symptoms that are not mechanical in nature and will tell you if you need to be examined by your General Practitioner |

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| How do I make an appointment? |
| Please [**contact Andy**](file:///C:\Users\Andrew\Google%20Drive\Old%20Phone%20SDHC\CruzerMemStickDump\Osteopathy4All\Contact.html) to make an appointment. |

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