

Visiting an Osteopath

Have you ever suffered with musculo-skeletal aches and pains? I expect you have tried pain relief and anti-inflammatory medication and quite often it is helpful. But supposing the pain isn't relieved, maybe you have progressed onto an x-ray or scan. The report on this maybe normal or wear and tear, which is consistent with your age.

Now what? Have you ever considered Osteopathy?

Despite popular thinking we don't tie you in knots and throw you around the room.

What I would do is take a comprehensive history from you; both of the current complaint and problems you may have had in the past. Also a medical history, have you had surgery? Are there health issues in your family, what medication do you take? I would also ask about your lifestyle, diet, exercise, sleep patterns and stress levels.

Onto examining you to check your posture, mobility and the quality of your muscles. Are they fibrous and short, do you need a bit more tone? How does that influence the way your body works?

All this will be done with you both standing and lying down. You may be asked to perform a few simple exercises. I may also check your reflexes or your blood pressure. Ultimately I will be able to tell you what is happening to cause you pain and also give you some pointers as to why it has developed.

I may refer you to your GP for further tests or recommend exercise classes.

Treatment consists of working on your muscles, ligaments and joints to improve function, help the blood flow to and from the tissues, reduce inflammation and ease pain.

You will almost certainly be given exercises to help maintain the improvements and ease stiffness or improve strength in your muscles.

How many treatments will you need? Well it depends on your health, how long you have had the problems and how committed you are to doing your exercises.

Usually 4-6 treatments, some people benefit from regular maintenance treatments every 4-6 weeks. Treatment plans are as individual as you are.

Will it hurt? Working into sore tissues may be a little painful, I will be very sensitive to that. It is common to feel a little sore following treatment, but this is usually short lived.

How do I book? Osteopathy is a private health treatment; some insurance companies will pay for treatment or contribute towards it. Most patients are self-funding. Costs are £55 for an initial hours appointment where the history and examination will be done, subsequent treatments are for 30 minutes and cost £45.

Not sure?

Why not book a free 15 min consultation to talk through the problem to see if it is the right thing for you. This can be arranged to be face to face or over the phone.

Your Osteopath:

I graduated from the British School of Osteopathy in 1980, after four years full time training. I have been in practice since and can bring a wealth of knowledge and experience to solving your problems.

Outside of work I am interested in gardening, cooking, keeping fit and cake making.

I work in Chippenham and in Calne at Patford House Surgery and can be contacted at Active Potential Therapy 01249 445426 or 655088.

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