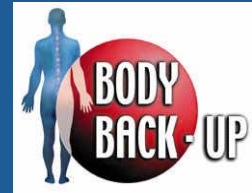


Osteopathic Services

Farnham Road Surgery



Osteopathy &
Sports Injury Clinic
Body Back-Up 2008

Meet our Farnham Road Osteopaths

About Karen Phillips DO



Karen Phillips DO

Karen qualified at the British School of Osteopathy in 1986. She treats all ages and has a special interest in treating the elderly with osteoarthritis conditions as well as running pregnancy clinics.

She holds a clinic at Farnham Road Surgery on a Tuesday afternoon.

Karen holds Well Back Clinics for the 65+ at our Maidenhead practice on a Tuesday morning and Thursday as well as offering Cranial Osteopathy.

About Justyn Claydon Bsc(Hons) BA (Hons)

Justyn qualified at Oxford Brookes University in 2008.

His first experience of Osteopathy came 10 years ago as a patient, and it was Robin Lansman at Body Back-Up who treated him!



Justyn Claydon
Bsc (Hons) BA (Hons)

Over the last 15 years Justyn has gained experience in treating patients from all age ranges, with a wide variety of conditions.

(This October, Justyn is working as an Osteopath at the World Squash Championships being held in Manchester.)

Justyn holds a clinic at Farnham Road Surgery on a Friday afternoon.

About Osteopathy

- Osteopathy recognises that much of the pain and disability we suffer stems from abnormalities in our body's structure and function.
- Osteopaths diagnose and treat problems with muscles, ligaments, nerves and joints to help the body's natural healing ability
- Osteopaths treat many conditions related to the workplace and can give remedial advice and preventative exercise.
- Osteopaths consider the whole person, examining posture and the strength and flexibility of muscles, ligaments and tendons.

More than you think

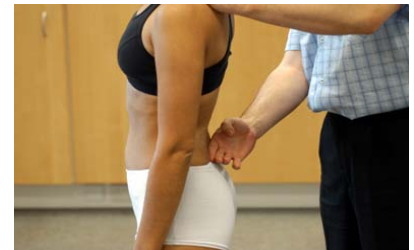
We treat a wide range of muscle and joint injuries to any part of your body – everything from backache, headache, neck and shoulder tension, to knee pains and sports injuries, “trapped nerves” and “slipped discs”.

We offer you a modern, professional “hands on” approach, providing helpful advice and remedial exercises as well as immediate treatment and pain relief.

What to expect?

On your first visit, and before examination begins, the osteopath will discuss and record your medical history in detail.

You will then normally be asked to remove some of your clothing so that a series of observations and biomechanical assessments can be made.



When are our osteopaths available?

- **Farnham Road Surgery:**
Tuesday: 2.00 pm to 6.00 pm with Karen
Fridays: 1.00 pm to 6.00 pm with Justyn
- **Maidenhead clinic:**
Friday mornings: 9.00 am to 12.00 pm with Justyn
Saturday mornings: 10.00 am to 2.00 pm with Justyn
- **Pregnancy Clinic** Farnham Road Surgery with Karen

Treatment fees

	Tuesday	Friday	Sat am
Initial Consultation	£45		£45
Follow Up	£40		£45

How can I book an appointment?

**Call our reception to make an appointment.
Or to find out more about Body Back-Up
visit our website or email us at
practice@bodybackup.co.uk**

www.bodybackup.co.uk

Info107 V7 21.10.08

**For appointments call 01628 624544
Maidenhead • Slough**