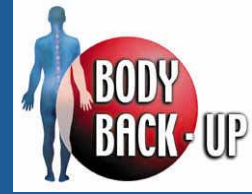


Hands-on

The Body Back-Up Newsletter
Latest updates from Robin Lansman D.O
Established 1988



Osteopathy &
Sports Injury Clinics
© Body Back-Up 2008



Welcome to Body Back-Up

We have lots of new ideas to help keep you flexible, pain free and able to do what you want to do.

We now offer Cranial treatment with Karen Philips on Tuesdays in Maidenhead, as well as our Well Back Clinic for the over 65's.

Massage Therapy and Anne Galvin have come to Body Back-Up on a Tuesday and Thursday.

Justyn Claydon has joined our Osteopathy Team. He holds clinics on Friday & Saturday mornings at Maidenhead, and Farnham Road Surgery on Fridays afternoon.

Our website has been redesigned to reflect our new image, with lots of helpful Information Sheets in News & Information .

If you could display one of our Body Back-Up posters at your place of work or club, ask about your free heat pack—our way of saying thank you!

As you can see lots going on, keep well . . .

Robin Lansman DO
Practice Principal &
Director Body Back-Up

Osteopathy & Pregnancy!

Osteopathy is a safe, drug free treatment during & after pregnancy.

Body Back-Up Osteopaths are highly skilled and use gentle "hands on" techniques which are perfectly safe at all stages of pregnancy.

Through treatment and gentle exercise we can:

- Ease some of the physical discomforts of pregnancy such as back ache, sciatica and pubic symphysis pain.
- Help prepare Mum's body for the demands of labour
- Give postural and exercise advice to help Mum to protect herself
- Help Mum's body to physically recover after birth.

Call to find out more



Massage Therapy available



Anne Galvin recently joined our team. She is qualified in Swedish massage, reflexology & aromatherapy.

Massage tones and exercises the muscle improving flow to the body.

Anne will compliment and work along side the treatment provided by our

Osteopaths. Book a treatment with her on a Tuesday or Thursday - the price is £50 per hour or £27 for a half an hour session.

Our patients receive 20% off their first one hour session.

A patients story . . . Relief at last

For a number of years I suffered discomfort in my upper shoulder area and my left arm.

I tried a number of different treatments ranging from Chiropractors to Back Pain Relief Clinics - all in vain, the pain continued.

Eventually, Robin Lansman was recommended to me and I came to Body Back-Up for treatment. If only I had done this two years earlier!

After just one treatment I could lift my arm above my head, the tingling sensation in my arms had stopped. I have had three treatments and the improvement and shear relief is amazing.

As a working Mum I cannot afford to be incapacitated with back discomfort, even driving to work was beginning to become a problem.

I now book regular MOT's to ensure I do not have to go through this again. Thank you Body Back-Up.

Jo-Anne Yates (Patient)

Pillow Amnesty

- Osteopaths treat many cases of neck pain every year.
- One consistent finding is the inappropriate quality or quantity of pillows used for sleeping.
- Our Pillow Amnesty offers you the chance - at no charge - to bring your old pillow to a Body Back-Up Clinic to see how appropriate it is for you.
- The Pillow Amnesty allows one of our Osteopaths to assess your neck mobility & muscular tension.
- Then we observe your sleeping position using your old pillow.
- If after the consultation , your back requires any remedial treatment we will discuss a plan with you.
- Our patients receive 15% off our new orthopaedic pillows.

To take advantage of the pillow amnesty make an appointment now

"We think Robin is more of a magician than an Osteopath! He can see what causes our troubles better than we can & when my son had a bad hang-gliding accident, he helped his recovery enormously & for long term"

Sir John Page
(Patient)

Look out for our:

**New Website,
Flex-a-Stretch on
You Tube &
Saturday morning
clinics!**

www.bodybackup.co.uk

20th
anniversary

For appointments call 01628 624544 or 020 8969 0247
Maidenhead • Slough • London W9 (Maida Vale)

20th
anniversary

Posture-Check free to our patients



We are excited about our new product "Posture-Check".

Too many of us sit incorrectly in our cars, in the office, at home watching the TV or working on our laptops. Body Back-Up can now provide you with a solution.

All you have to do is email us three pictures showing us your sitting positions and you will get back a report telling you:

- if your desk layout is correct and what to do if it isn't
- if your chair set up is correct, and how to adjust the position if it isn't
- or if you need to change your chair

Call us or see our website for more details

Products for you - ask about our discounts

As well as osteopathy, Body Back-Up offers a range of specialised products to help your body work better

Each aid has been specially chosen for use in conjunction with advice and treatment prescribed by your Body Back-Up Osteopath.

Orthotic Insoles & arch supports are designed to help your feet cope better with everyday life.

A large percentage of people will suffer foot pain at some time in their lives.

Problems with your feet, as well as sore legs and knees and even back pain, are often caused by your leg alignment and the way you run, walk and stand.

These insoles help distribute your weight more evenly across the whole surface of your foot, relieving pressure and making you more comfortable.

The good news is that you don't have to put up with foot and lower limb pain any longer!



Heat Packs

can help ease symptoms as well as aid faster recovery. Our heat packs are available in two sizes, small and large, for different areas of the body.

They may be heated in a microwave or frozen in a freezer and be carefully applied after injury to areas of swelling or soreness.

Orthopaedic pillows

How many times have you woken up in the morning with a stiff neck making it hard to lift your head off the pillow?

Our Orthopaedic pillows can help ease away those aches and pains.

Mattress toppers & overlays are ideal if your bed is too hard to be comfortable – but you need support.

Saves buying a new bed if yours is too firm.

Check out our products on-line at www.bodybackup.co.uk

Homeopathy at Body Back-Up



- Dr Elena Gheorghiu is a medical doctor with 30 years experience as a GP.
- Elena started practicing homeopathy in 1982 and became a member of the London Faculty of Homeopathy in 1994.
- People of all ages can benefit from the experience of a "Homeopathic Health Check"
- Homeopathic treatment can take place with, or without orthodox medical treatment.
- 33% off of first session

For more information visit our website or call to book an appointment

Total "Body Balance" assessment

Ideal for patients who play sports and exercise who want to avoid injury and improve their game..

- We can now electronically assess your body balance before and after treatment.
- This will indicate your level of stability, as well as which parts of your body are working well in a co-ordinated way; and exactly where you need treatment.
- If you are interested in finding out how good your body balance is ask one of our Practice Co-ordinators to book you an extended session with Robin Lansman.



"My colleagues and I at the General Osteopathic Council would like to express our extreme gratitude for your invaluable help at The Back Show" "It was a pleasure to have you join us on the stand and offer your professional and clinical knowledge"
Nicole Tripney (GOsC)

Maidenhead

Osteopathy & Sports Injury Clinic
8a Moor Lane (off Cookham Rd)
Maidenhead, Berkshire, SL6 7JU
Tel: 01628 624544
Monday to Friday
Saturday 10.00 am - 2.00 pm

Slough

Farnham Road Surgery
301 Farnham Road
Slough, Berkshire, SL2 1HD
Tel: 01628 624544
Tuesday 2.00 pm - 6.00 pm
Friday 1.00 pm - 6.00 pm

Maida Vale, W9

2B Shirland Mews
Maida Vale
London, W9 3DY
Tel: 020 8969 0247
Tuesday & Thursday
(or by arrangement)

Reception hours : Monday to Friday 9.00 am to 6.00 pm

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