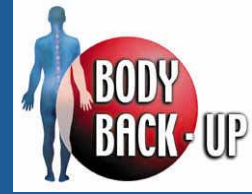


Cranial Osteopathy

by Karen Phillips D.O. Registered Osteopath



Osteopathy & Sports Injury Clinic

© Body Back-Up 2008

What is Cranial Osteopathy



Karen Phillips D.O

Cranial Osteopathy is a refined and subtle type of osteopathic treatment that uses very gentle manipulative pressure to encourage the release of stresses throughout the body, including the head.

It is extremely effective in treating a wide range of conditions in people of all ages, from birth to old age.

Why is Cranial Osteopathy different?

In their training, Osteopaths are taught a variety of treatment methods and techniques, ranging from the well known using combinations of gentle leverages to achieve a focus of tension and the joint 'pop' that releases, blocks and improves spinal joint movement, to the very gentle applied methods used by so called "Cranial Osteopaths".

Osteopaths vary their treatment methods depending on their approach and individual patients problems.

Cranial Osteopathy works at the more gentle, subtle end of the spectrum of different treatment approaches.

"Involuntary Motion" in the body

Cranial Osteopaths are trained to feel a very subtle, rhythmical shape change that is present in all body tissues. This is called involuntary motion.

The skull is made up of 26 bones which are intricately joined in such a way that during the rhythmical cycle of involuntary motion, the skull changes shape very slightly to accommodate the normal involuntary motion of the brain inside.

It takes practitioners with a very finely developed sense of touch to feel it.

What can Cranial Osteopathy treat?

A very wide range of situations may benefit from treatment. These may include back and neck pain, joint pain and sports injuries, headaches, migraines and sinus problems, stress, recurrent infections, period pains, digestive difficulties and treatment may also benefit general health and well-being.

Karen Phillips has a Cranial Clinic at Maidenhead every Tuesday afternoon from 2.00 pm to 6.00 pm and Thursday 10.00 am to 2.00 pm. To find out more give us a call.

Treating babies & children



In babies and children many problems such as crying, colic, sleeping and feeding difficulties may be helped.

Body Back-Up will treat children from 6 / 7 upwards, injuries from school sports, headaches, growing pains, knee pains - especially in 11 - 14 year olds.

For more information on treating younger children visit :

www.occ.uk.com (Osteopathic Centre for children)

Accumulation of stress & strain

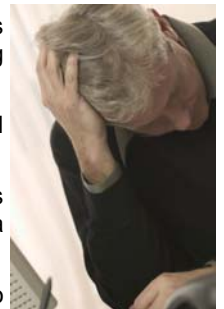
"Stress is like a virus — if the conditions are right , it will spread. It cares nothing about rank, age or sex"

Most of us have been exposed to physical trauma at some stage of our life.

The body may be able to absorb the effects of an accident at the time it occurs, but a lasting strain often persists.

Illnesses and emotional trauma can also leave a lasting physical effect — when we experience physical or emotional stresses our body tissues tend to tighten up.

Any tensions which remain held in the body can restrict its free movement. Gradually the body may find it more and more difficult to cope with accumulated stresses and symptoms may develop.



What does treatment feel like?

Patients may feel sensations of pressure or warmth, either under the Osteopath's hands or elsewhere.

Most patients feel that gradually the tension is being drawn out of their body and they become deeply relaxed—their pain and dysfunction will also ebb away as treatment progresses over several sessions of treatment.

Karen is registered with BUPA and PPP for Osteopathic treatment

To find out more about Body Back-Up visit our website or email us at practice@bodybackup.co.uk

www.bodybackup.co.uk

Info115 V3 (13.11.08)

For appointments call 01628 624544 or 020 8969 0247

Maidenhead • Slough • London W9 (Maida Vale)