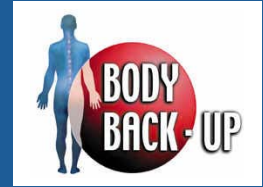


Osteopathy & You Helping Hands

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Est 1988 & Registered with the General Osteopathic Council



Osteopathy &
Sports Injury Clinic

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What is Osteopathy?

"Osteopathy is a way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. When the body is balanced and efficient, just like a well tuned engine, it will function with the minimum of wear and tear, leaving more energy for living".

The Osteopathic approach

The Osteopaths approach is fast becoming a fully accepted method which can be used either independently or in conjunction with their medical treatment.

It is true to say, therefore, that the Registered Osteopath who undertakes the intensive four year training considers the profession to be a complementary field to medicine rather than an alternative.

What conditions do we treat?

Osteopaths are often called on to treat frequently occurring injuries to muscles and joints in all parts of the body.

Backache is a problem which most patients who consult an Osteopath complain. Since four out of five people experience back trouble at some point in their lives, it is hardly surprising!

More than you think . . .



Headaches, combined with neck and shoulder tension often respond well to treatment. Strains to the hips, knees, ankles, shoulders, elbows and even ribs also fall within the Osteopath's scope.

Specific conditions such as tennis elbow, Frozen shoulder and sciatica which can often prove unresponsive to generally available treatment can also show improvement following the Osteopathic approach.

Some conditions such as Arthritis require longer term remedial attention to keep symptoms at bay.

The back pain often experienced during pregnancy can also gain relief from treatment (see our information leaflet "Osteopathy during and after Pregnancy").

Sports men and women may have difficulties which need monitoring and maintenance treatment to allow them to return to the "field" as soon as it is safe to do so.

Others may have a problem related to stiffness which prevents them from reaching their personal peak of performance. Here preventative treatment can be employed to reduce the risk of strains during everyday life.

What happens?



During the initial consultation, full details of how the symptoms began and what makes them fluctuate are explored. Next a thorough medical history is taken, including an account of any previous injuries or illnesses.

Before a diagnosis is reached, a thorough physical examination is made. The patient's posture and structure are all assessed along with the range of quality of joint movement, and the condition which the Osteopath identifies requires another form of treatment. In this instance, appropriate referral is made.

What treatment?

To meet the demands of the individual, the Osteopath draws on a whole range of techniques, employing those which are most appropriate to the case. The chosen method might include soft tissue "massage" in combination with stretch and articulation to specific joints.

Some joints which have become restricted often respond well to gentle manipulation which directs forces very accurately to the site of bind and produces a release thereby restoring mobility to the area. Additionally, remedial and preventative exercises are often prescribed along with advice on diet, posture and coping with a stressful and physically demanding lifestyle.

How does treatment help?

The aim of treatment is to encourage efficient mechanical functioning of the body as a whole, by avoiding a focus of strain on muscles or joints at particular points in the system.

The approach does not cover up symptoms and allow further injury to occur unwittingly, but instead addresses the root cause of the problem by understanding the individual's demands on his or her body, and explaining the significance of these findings to help the patient to gain the maximum benefit from treatment.

The ultimate aim for the Osteopath practitioner and patient alike is to facilitate the ability to make the most of the body's capabilities and enjoy life to the full without abusing the body to a point where it restricts us.

**To find out more about Body Back-Up
visit our website
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