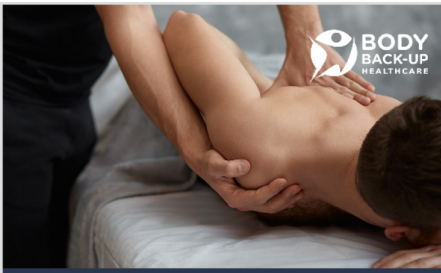


**HOME & LIFESTYLE**



**PATIENT  
OSTEOPATHY  
PARTNERSHIP**

- EXPLORE
- EMPATHISE
- EXPLAIN
- ENGAGE
- EXERCISE

**Living Daily Life in Comfort**

Avoiding strains and stiffness that build up over months and years is important for best quality of life. Whilst exercise is a useful way to keep healthy it can produce injury and timeouts when the body is not adequately prepared to take on new activity.

A gap in activity due to pain or stiffness can be slow to recover from for a range of reasons that include physical and mental barriers. There is a flag system used by health professionals that measures these barriers.



As an osteopath for 30 years questions arise from patients who have lifestyle habits that can slowly hinder their capacity for exercise.

Eventually issues that are at first irritating may evolve further into symptoms that become more constant or intense or widespread.

**Questions People Ask**

- What sofa would best suit my back stiffness?
- It can be hard to get up from a seat after a while, is there a good way to manage it?
- Are the right pillows the answer to neck pain?
- What should I look for to make the shoes I walk in, make me walk without foot pain?
- Could my laptop posture be giving me headaches?
- What's the best way to sit whilst reading in bed?
- Would stretching help me with carrying my 2-year-old?
- Is there anything I can do to help take the pressure off my knees when gardening?
- How often should I change my pillows and mattress?
- It is painful for me to turn on bed...what would help me best?
- My back pain and stiffness seem worst first thing and then ease but return again towards the end of the day...what is the reason?

- What should look for to get the best mattress to suit my back and hip pains?
- I get back and shoulder pain carrying my child, installing the car seat and transporting the pushchair. Are there any tips that can help me?

**Taking Steps Early**

Answering simple questions constructively and at an early stage can make a big difference to health wellbeing.

Small differences between individuals mean the advice needs to be tailored to make the biggest changes to health. The suggestions need to become part of a new habit that is retained going forwards. Understanding the " why " often helps make change easier to maintain.



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