

Why should I consult an Osteopath?

Osteopaths are trained to recognise the signs of 'dis-ease' in the body. Sometimes you may find that you have difficulty with movement or pain that you cannot locate.

More importantly an osteopath is trained to recognise when they cannot help, as well as when they can. If your problem could be better treated by another professional, the osteopath will refer you on.

The majority of the osteopath's workload revolves around back, neck and shoulder pain as these are areas that other branches of medicine have traditionally found difficult to treat. Painkillers are commonly prescribed where a 'tune up' of the muscles by an osteopath may be more appropriate.

Back pain is commonly treated by osteopaths and manipulation has been recommended by the Clinical Standards Advisory Group in 1994 and by the Royal College of General Practitioners in 1996. Osteopaths recognise that manipulation on its own is not always the answer. Combined with advice and a rehabilitation program, recurrence can be prevented and recovery speeded up.

The complete package, particularly the diagnostic benefits of skilled palpation (touch) constitute osteopathy. We feel this is unique amongst the manual therapy professions and those patients who have tried other disciplines often agree.

Good muscular and skeletal health requires effort and time. In much the same way as dentistry has persuaded us that care of our teeth through regular brushing and occasional checks is necessary, the challenge for osteopaths is to change our attitudes to our bodies.

We need to nurture, maintain and develop our physical health for a lifetime of comfort and freedom from 'dis-ease'.