

What We Treat

Low Back and Neck Pain

There are numerous causes of this and most originate from the skeletal joints and it's supporting structures, including a complicated muscle and ligament system. Osteopaths are highly trained in the diagnosis and treatment of such conditions.

Arthritis

Although there is no cure for what is essentially 'wear and tear', symptoms can be significantly eased by gentle treatment, allowing the patient to continue with their day to day activities whilst reducing or even eliminating the need for medications which sometimes have side-effects.

Whiplash

This is extremely common and can result in long term, or even permanent neck or low back restriction/pain. Osteopathic intervention, particularly in the early stages, helps to alleviate symptoms and vastly improve recovery time.

Headaches

Headaches frequently stem from restrictions in the neck . In such cases gentle osteopathic treatment, together with appropriate exercises, can be very effective.

Sports Injuries

Osteopathic treatment aids the recovery time of a massive range of muscle, tendon and ligament strains associated with athletics, football, rugby, golf and even bowls, to name but a few.

Sciatica

Characterised by severe leg pain, this is another very common condition which, if left, can last for many months and severely restrict day to day activities. Though there are a variety of causes for sciatica, osteopathy can provide symptomatic relief in even the worst cases and help reduce the length of time the patient suffers.

This is just a summary of common problems that present. There are numerous other conditions osteopathy can help with, even when mainstream medicine cannot. Please contact us if you are in any doubt as to whether treatment can help.

X-Rays and MRI scans, which are usually not required, can be arranged privately within the local area.