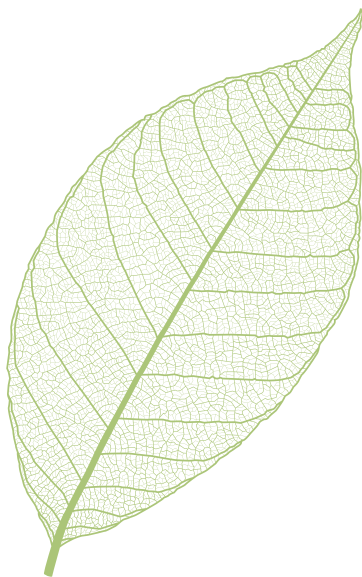


OSTEOPATHY

SOUTH WESTMINSTER OSTEOPATHIC CLINIC

020•7963•2626/20



The South Westminster Centre for Health
St. George's House
82 Vincent Square,
Victoria, London SW1P 2PF
Tel: 020 7963 2626/20
Fax: 020 7963 2621
Email: claire.webster@osteopathy.uk.net
www.osteopathy.uk.net

What is Osteopathy?

Osteopathy is a discrete medical speciality which concentrates on the diagnosis and treatment of problems related to altered mechanics, function and posture.

A detailed knowledge and understanding of the structure and function of the human musculoskeletal system enables the osteopath to identify faults that occur because of injury or mechanical stress and to treat not just the symptoms but the underlying causes of the problem. This allows the body to restore itself to normal function.

The term osteopath is legally protected, like doctor and dentist, and registration by the General Osteopathic Council (GOsC) is awarded only to those osteopaths who meet strict guidelines and standards. GOsC registered Osteopaths have completed a four year full time course at a recognised college of Osteopathy with an emphasis on musculoskeletal medicine based on Osteopathic principles.

An accurate diagnosis is the prerequisite of successful treatment. A diagnosis is reached by taking a detailed medical history, followed by a thorough physical examination. The patient's posture, the way in which they move and any restriction or exaggeration of movement are observed and assessed. If necessary further tests such as X-rays or other pathological investigations may be recommended. Treatment is based on the individual needs of each patient.



Treatments

Many people visit an osteopath because of back pain, but osteopathy is also of great value in the treatment of other musculoskeletal conditions.

These include:

- Back Pain and Sciatica
- Neck Pain
- Headaches
- Hip, knee and ankle pain
- Sports injuries
- Pregnancy related back pain
- Arthritic conditions
- Muscular strains
- Whiplash injuries
- Tennis elbow
- Postural problems

Osteopathic Treatment aims to restore mobility, improve or restore function in restricted joints and the surrounding soft tissues to reduce spasm.

A wide variety of treatment modalities are employed including, osteopathic soft tissue, articulation and specific joint manipulation

Stretching, strengthening or mobility exercises may be prescribed and the treatment programme may include advice on posture, diet, ergonomics and lifestyle.



Appointments

We will endeavour to see you as soon as possible, at a time convenient to you.

It is not necessary to have a referral from your Doctor, unless required by your insurance company.

If you are unsure whether you will benefit from a visit, please contact the practice. You may only need our advice over the telephone.

Opening hours

Monday to Thursday	08:30 – 19:00 hrs
Friday	08:00 – 19:30 hrs

Fees

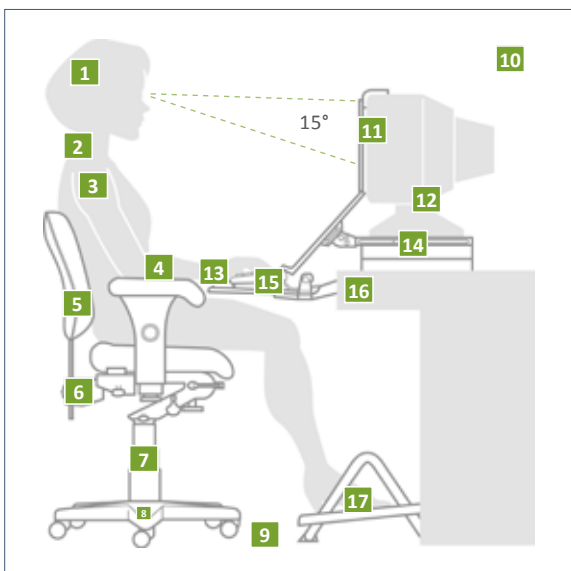
The South Westminster Osteopathic Clinic is recognised by all of the major insurance companies including BUPA and AXA PPP Healthcare. Please check with your insurer to confirm your level of cover.

Initial Consultation	1 hr @ £55.00
Follow-up treatments	1/2 hr @ £38.00

Cancellations

24 hours notice of cancellation is required or a fee will be charged.

Work Station Assessment



1. Balanced head position
2. Shoulders relaxed
3. Upper arm vertical
4. Forearms approximately horizontal
5. Adequate lower back support at belt level
6. Adjustable backrest (height, angle)
7. Adjustable height chair (gas lift)
8. 5 star stable base
9. No obstructions to leg movement
10. Adequate illumination
11. Screen glare and reflection free
12. Screen can tilt
13. Balanced wrist position
14. Adjustable height swivel stand
15. Keyboard - detached, flat
16. Thin desk top for maximum thigh space
17. Feet flat on floor or footrest

Top Tips for Back Care

- Good sitting posture
- Good work station assessment
- Regular exercise and general mobility
- Tone your torso
- Avoid sitting for long periods
- Balanced diet
- Weight control takes pressure off the spine
- Programme of activity
- Improved muscular balance
- Balance in lifestyle
- Good firm mattress and correct pillow

CLAIRE WEBSTER, PRINCIPAL

**Bsc (Ost), Lic Ac (Hons), PG Dip Sports Injuries
REGISTERED OSTEOPATH**