

Conditions Commonly Treated By Osteopaths

Various Pains, Strains and Sprains Including:

- Muscle and ligament injuries
- Knee and hip pain
- Low back pain and sciatica
- Shoulder, elbow and wrist injuries
- Foot and ankle complaints
- Neck pain
- Headaches
- Arthritic pain

Overuse Injuries:

- Sports injuries
- Tennis and Golfers elbow
- Tendonitis and Tenosynovitis
- Dance injuries
- Repetitive strain injuries

Others include:

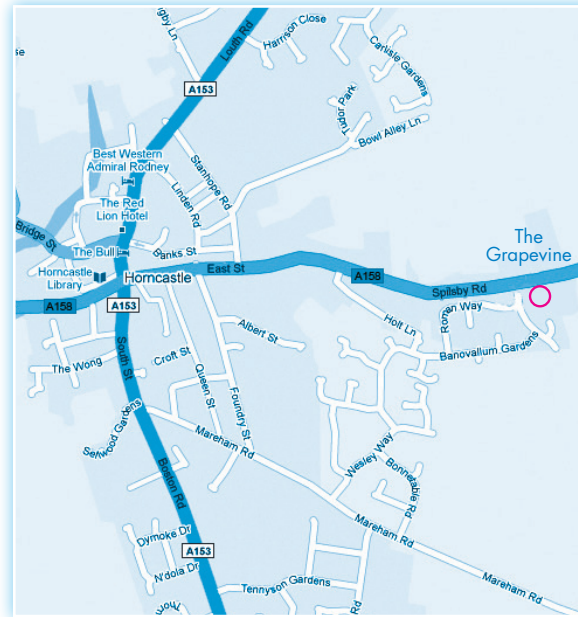
- Children and babies
- Pregnant ladies
- Period pain
- Irritable Bowel Syndrome



Remember

- Osteopaths are skilled health care professionals
- Osteopaths deal with pain everyday
- UK osteopaths treat 6 million people every year who are suffering from pain
- Osteopaths can help you both with treatment and advice on self help
- Osteopaths treat acute and chronic pain
- Osteopaths treat to prevent pain recurring

For further information please do call and have a chat.



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Grapevine Osteopathy

The Grapevine. Lakewood, Spilsby Road,
Horncastle, Lincolnshire LN9 6NE

t 01507 525 136 m 07538 322 210

e info@laurastott.com w www.grapevineandco.co.uk

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Laura Stott BSc (Hons) Ost DO, GOsC Registered Osteopath

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What is Osteopathy?

Osteopathy is an established recognised system of diagnosis and treatment that lays its main emphasis on the structural and functional integrity of the body.

Osteopaths use a holistic approach addressing the whole person to remedy the root cause of pain or symptoms experienced within the body.

It is distinctive in the fact that it recognises much of the pain and disability we suffer stems from abnormalities in the function of the body structure as well as damage caused to it by disease.

Osteopaths are trained to recognise and treat many causes of pain: we use our hands to discover the underlying causes of pain and use many of the diagnostic procedures used in conventional medical assessment and diagnosis.

The main strength of Osteopathy lies in the unique way the patient is assessed from a mechanical, functional and postural stand point and the manual methods of treatment applied to suit the needs of the individual patient.



What Do Osteopaths Treat?

Half Suffer Low Back Trouble

Most back pains result from mechanical disturbances of the spine - postural strains, joint derangement's and spinal disc injuries. Osteopathy, with its comprehensive approach to health care, is a particularly successful approach to treatment.

Over Half Are Women

Many women are working mothers and combining both aspects of their lives can give rise to problems from the perennial headache to debilitating musculo-skeletal disorders. Many headaches originate from stiffness and tension in the neck and osteopathic treatment can often bring relief. Pregnancy can put a strain on the whole spine, osteopathic treatment can help the body adapt to the many changes it experiences.

A Quarter Are In Their Forties

Many patients are losing fitness at this stage in their lives and are more prone to injury. Osteopaths consider the whole person, examining posture and the strength and flexibility of muscles, ligaments and tendons.

Many Are Elderly

Pain-killers are not the only solution for the aches and pains associated with ageing. Osteopaths are specifically trained to reduce the underlying causes of pain giving a more permanent approach to pain relief. Osteopathy can also help to reduce pain and stiffness in the less acute stages of arthritis.

Many Problems Relate To Work

Work, whether at a computer terminal or in heavy industry, can give rise to disorders of muscles, tendons and joints, particularly in the back, hands and arms. Osteopaths treat many conditions relating to the work place and can give remedial advice and preventative exercise.

Visiting An Osteopath

Osteopaths focus on the structure and function of the body using safe, natural, manual treatment which offers a caring approach to the individual needs of each patient throughout life from birth to old age.

When you visit an Osteopath for the first time a full case history will be taken and you will be given an examination. You will normally be asked to remove some of your clothing and to perform a simple series of movements. The Osteopath will then use his or her highly developed sense of touch, called palpation, to identify any points of weakness or excessive strain throughout the body.

The Osteopath may need additional investigations such as x-ray or blood tests. This will allow a full diagnosis and suitable treatment plan to be developed with you. Treatment techniques include soft tissue massage, articulation and manipulation to improve joint mobility thereby improving the overall function of the body.

Cranial Osteopathy may be used for babies, young children and people requiring a gentler form of treatment. Osteopathy is patient centred, which means the treatment is geared to you as an individual.

