

Lavender Barn

Focus on Osteopathy Autumn 2005



Welcome to a Focus on Osteopathy. I would like to introduce myself to you. My name is Nicky Couldridge. I am a Naturopathic Osteopath currently working at Lavender Barn alongside Dr Marina Carew. I trained for a Degree in Osteopathic Medicine at the British College of Osteopathic Medicine. I am often asked what an Osteopath is and what an Osteopath does. I hope the following will help to clarify and give you an insight into the principles, benefits and application of Osteopathy. This is shown in the real life clinical examples described on the reverse of this leaflet.

Visiting an Osteopath

When you visit an Osteopath for the first time, a full case history will be taken. The initial consultation takes one hour and includes taking a full medical history, examination, diagnosis, treatment and aftercare advice.

Case history

A full medical history includes questions regarding general health, social and occupational factors, sleeping position, past medical history (injuries, operations, illnesses), family history and questions regarding the health of the general systems of the body including heart, lungs, digestive and urinary systems. The Osteopath may require X-rays/MRI scans or blood tests to assess the extent of the condition and also to advise the patient accordingly in order to facilitate the most appropriate treatment plan.

Examination

You will normally be asked to remove some of your clothing and to perform a series of simple movements. The Osteopath will use a highly developed sense of touch, called palpation to identify areas of weakness or excessive strain throughout the body.

A full spinal examination looking at individual vertebrae of the back, muscles and ligaments will be performed.

A series of tests may also be performed, such as spinal reflexes, pulse, blood pressure and muscle strength tests. The observations and palpatory findings will together establish a diagnosis in order to establish the correct treatment program.

Treatment

Treatment is aimed at improving mobility, flexibility, reducing inflammation and improving the functioning of the body as a whole. This is achieved by applying manual Osteopathic techniques including soft tissue massage and mobilisation (simple movement of the joints) to encourage increased blood flow and improved health. You will be given positive advice related to your lifestyle, diet and corrective exercises or advice relating to your workplace, sleeping and sporting life. Age is no barrier to treatment and a good case history taking and subsequent thorough examination means that the treatment is focused towards you as an individual.

What is the cost?

Most people consult an Osteopath privately. For further information please telephone Lavender Barn to find out more. **A free non-obligation chat** is available to see how Osteopathy could help. The clinic is currently offering a **reduced fee** for the 1st consultation and treatment until **October 31st 2005**.

Nicky Couldridge
Naturopathic Osteopath



CLINICAL EXAMPLES

The four clinic examples highlight the diversity and use of Osteopathic treatment.

Example one: A 65 year old female consults the clinic complaining of lower back and knee pain. The problem had been progressively worsening after a minor fall 10 years previously. She had gradually found herself losing flexibility and feeling very stiff in the lower back. As a result, she altered the way she was walking which resulted in increased strain through the knees.

X-ray diagnosis confirmed mild wear and tear of her lower back joint. However, Osteopathic examination also indicated a reduction in the movement of the joints in the mid back caused by the patient protecting their lower back.

Treatment of the mid back caused a reduction in her lower back pain and her knee pain disappeared. A corrective exercise regime to reduce the spinal stiffness along with a maintenance programme every one to two months was agreed.

Example Two: A thirty nine-year-old gentleman presented to the clinic complaining of lower back pain and a longstanding complaint of medically diagnosed Irritable Bowel Syndrome (IBS). Osteopathic examination findings showed a stiffness of the lower back and a tightness of the large intestine. The patient was given dietary advice for constipation, an exercise regime and breathing exercises to improve blood supply to his intestines. He was then referred for Food Allergy Testing.

Example Three: A 29-year-old swimmer presented to the clinic complaining of headaches. Osteopathic examination diagnosed a stiffness of two of the neck joints caused by an underlying problem with the joints in her jaw. Muscle testing also showed overuse of the neck muscles, which had been favoured during swimming. Osteopathic treatment was applied to her jaw and neck. In addition, corrective stretches were prescribed prior to swimming. She was also referred for dental assessment.

Example Four: A three-year-old child presented with frequent colds and earache. The history revealed a traumatic birth with an excessively long labour. Osteopathic examination diagnosed that the ear symptoms were a result of poor drainage of the bones found just above the ears. The compressive forces during the labour had lead to a mild distortion of the bone in the child's head. The skull bones are very delicate in children and are not well formed at birth. They are prone to compression through the process of labour.

This child responded well to very gentle treatment applied to the bones of the skull. Cranial Osteopathy is a very gentle approach, which is used in conjunction with standard Osteopathic techniques. It is well known that children have an amazing ability to respond well and quickly to treatment.

Health Care Cover

Many private health insurance schemes give benefit for Osteopathic treatment and many will reimburse the full fee that you have paid to the Osteopath. Most companies will require a GP referral and the insurance companies have helplines to explain the benefits and methods of claiming.

Nicky Couldridge

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