

When should I not have Osteopathy?

Osteopathy is a proven safe form of manual medicine, with side-effects being uncommon and minor such as mild soreness a day or two after treatment.

However, like most forms of manual therapy Osteopathy should **not** be used:

During the first 17 weeks of pregnancy unless the Osteopath states otherwise - usually having had specialist obstetric training.

During periods of fever, high temperature or systemic infection such as cold or flu.

If you have a serious venous condition such as acute DVT.

If you have an undressed open wound or infectious skin condition of any kind.

Under the influence of alcohol or recreational drugs including anabolic steroids.



48 hours notice of cancellation is required,
or the full fee is payable.

*Independent Therapy Solutions exists
to provide a range of
high quality interventions
to people experiencing physical,
emotional, psychological or behavioural difficulties
to facilitate change and well being.
Releasing the unique potential of the
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non-judgemental, self-empowering support.*



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What is Osteopathy?

One of the best definitions is that from the renowned Osteopath Caroline Stone:

“Osteopathy is a system of manual medicine that employs movement of the human body to help restore and maintain normal bodily function, so that the body is more able to help heal itself from any stress/trauma/disease it may be exposed to, or develop.”

Osteopaths believe that the body's function is a result of its structure, and that when the structure is impaired its function deteriorates and causes disease, impaired movement, pain, or all three. By restoring normal structure and movement, including nerve function and blood-flow, Osteopaths aim to restore the body's ability to heal itself by using its “internal medicine chest”, as it has been described.

What conditions can Osteopathy help?

Osteopaths are probably best known for their expertise in treating back-pain, and this reputation is well deserved. However, Osteopaths are trained to treat the entire musculo-skeletal system and other conditions they can help with include sciatica, shoulder problems, neck pain, knee problems - indeed all the joints – as well as sports injuries. Although more serious musculo-skeletal conditions like osteoarthritis are not ‘curable’, Osteopathy can often help to alleviate arthritic pain.

People are often surprised to learn that Osteopathy can also treat non-musculo-skeletal problems such as headaches, asthma, glue-ear and circulation and digestion problems. But then Osteopathy was first developed by a medical doctor, so perhaps it isn't that surprising!

What does treatment involve?

The Osteopath first takes your medical history including details of the current problem. This enables him to identify factors that contribute to or maintain the problem, or decide whether further investigation is needed. He will then perform an evaluation of movement and use palpation (highly-developed sense of touch) to evaluate tissue health. He may also perform some basic clinical tests such as neurological testing (reflexes etc) or measure your blood pressure.

Once the problem is identified the Osteopath will use gentle movement, massage-like techniques and maybe muscle energy techniques (METs) or manipulation to release ‘stuck’ joints. You normally need to remove your outer clothing for the evaluation and treatment, although only as much as strictly necessary and towels are used during treatment for your comfort.

How many appointments will I need?

This varies between patients depending on their health, pre-disposing factors and how long the problem has existed. However, most patients have between three and six appointments.

Our Practitioner always make an estimate of the number of needed appointments, and reviews progress continually. We do not believe in over-treating and will advise a patient immediately if we think another mode of treatment might be more effective.