



Osteopathic &
Sports Medicine

What Is Osteopathy?

*Paul Nelhams BOst (Hons)
Registered Osteopath*

*To make an appointment/enquiry
please contact me at:*

07891 650867

thehaylingosteopath@gmail.com



Osteopathy is a system of diagnosis & manual therapy recognised by the British Medical Association where the body is understood to be working as a whole. It is a safe and natural approach to health care. Osteopathy appears to be most associated with **back pain**, but Osteopaths treat a wide range of conditions including:-

- **neck pain**
- **whiplash & associated injuries**
- **limb pain: tennis elbow & frozen shoulder**
- **headaches arising from the neck / migraine**
- **sciatica**
- **repetitive strain injuries**
- **arthritic pain & stiffness**
- **sport injuries**
- **pregnancy related discomfort**
- **digestion problems**
- **circulatory problems**
- **fibromyalgia**
- **inability to relax**

Why the Osteopath?

Osteopaths help to reduce tissue inflammation by using skilled techniques ranging from massage of muscles and connective tissue to manipulation and stretching of joints which helps lead to speedy return to normal activity. If you have had pain for a long time and other forms of treatment have not helped, osteopathic treatment may be beneficial, although it could require time and patience. The osteopath will look at how your whole body functions and try and reduce strain on the painful area caused by other muscle/joint (usually mechanical) problems elsewhere.

Your pain

Most long term recurrent pain is caused by degenerative changes to the body's framework. Nobody can reverse the process of ageing however, osteopathic treatment, using gentle manual techniques on joints, muscles and ligaments can often ease pain, reduce swelling and improve joint mobility. Pain control is an important part of treatment. The Osteopath will give guidance on simple self-help measures to use at home to help with pain control.

Training and safe practice

Osteopaths complete a 4 year degree course and the profession is recognised under the Osteopaths Act 1993. Under this Act, Osteopaths are legally required to be registered with the General Osteopathic Council who regulate all members to be safe and competent at practice. This provides patients with the same safeguards as when visiting a doctor or dentist.



What to expect on your first visit

When you visit the Osteopath for the first time, a detailed case history is taken and you will be asked to undress appropriately so that an examination of the area can be done by getting you to perform some simple movements. The findings are fully explained and treatment will be started once a treatment plan is agreed with you. Osteopathy is patient centred, which means each treatment is geared to you as an individual.

**Available at ClubLife
The Langstone Hotel
Hayling Island
PO11 0NQ**

