

## Advice for back pain

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1. Keep moving and stretching
2. Take regular exercise
3. Take frequent breaks between repetitive tasks and vary the rhythm
4. Change position – avoid ‘computer hump’
5. Pace yourself when the work is heavy e.g. gardening
6. Adjust car seats, and on long journeys, have breaks and stretch
7. Watch children’s posture – don’t let them carry bags on one shoulder
8. Avoid strain when lifting especially when shopping and with small children
9. Is your bed the right bed or is it getting old?
10. Seek osteopathic advice earlier rather than later.



## Further Information

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British Osteopathic Association  
[www.osteopathy.org](http://www.osteopathy.org)  
General Osteopathic Council  
[www.osteopathy.org.uk](http://www.osteopathy.org.uk)



## Registration & Training

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All osteopaths must have demonstrated to their registering body – the General Osteopathic Council (GOsC) – that they are a safe and competent practitioner. Osteopaths have to train for a minimum of four years. They also have to carry out continuing professional development in order to stay registered.

**Paul Nelhams BOst.**

**Mondays & Wednesdays**

2 Pagham Gardens, Hayling PO11 9SS

**Tuesdays & Thursdays** at Clublife

The Langstone Hotel,

Northney Rd, Hayling Island PO11 0NQ

**Thursdays & Fridays** at City-Physio

64 Granada Road, Southsea PO4 0RQ

**Call now on 07891 650867**

**E: paulnelhams@gmail.com**

# Osteopathic & Sports Medicine



**Paul Nelhams BOst**

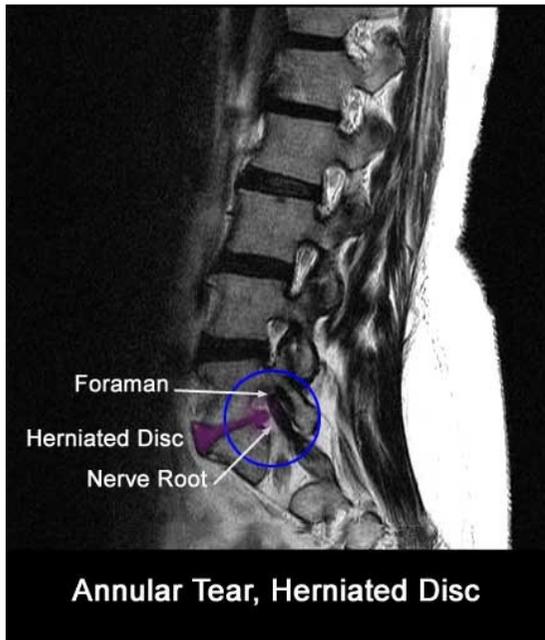
**GOsC Registered**

**Primary Care for all  
Aches and Pains**

# What is osteopathy?

Osteopathy is a unique system of healthcare that puts a strong emphasis on the interrelationship of the body's muscles, bones, nerves and organs.

Injured parts of the body are clinically diagnosed and manually treated, reducing pain and discomfort. Particular attention is paid to the individual needs of the patient.



## Approaches to Treatment

A wide variety of approaches to treatment from more gentle cranial treatment to ligamentous balancing, soft-tissue massage and spinal manipulation, all of which can bring relief or improvement to many conditions affecting children, the older person, sports men and women, and problems that may arise during and after pregnancy.

## Treatment Prices

Consultation & treatment £40

Further treatments £30

Home visits available on request

**CALL NOW**  
**07891 650867**

## Benefits of Osteopathy

- Restore normal joint function and stability
- Aids healing by removing restrictions to blood flow & nerve supply
- Improve general circulation and venous return
- Help immune response by lymphatic drainage
- Preventative approach to healthcare
- May help with respiratory, circulatory & digestive problems

