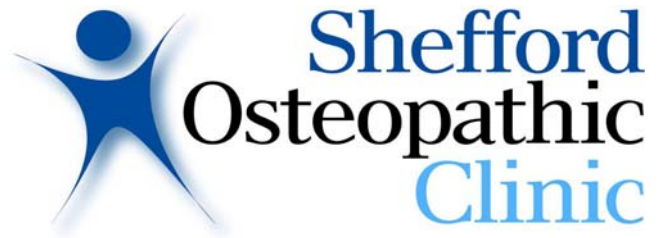


Newsletter *Issue 2*



Welcome to the second newsletter from Sheffield Osteopathic Clinic. We hope that you found Issue one informative.

With spring with us and summer on its way, now is the time of new growth, to start new projects, clean the house or perhaps start a new direction in life.

As you start out in the garden or spring cleaning the house it is important to take care of yourself, especially your back.

Lower Back Pain affects 7 out of 10 people at some time in their lives and can come on suddenly or gradually. The complex structure of your back means that even small amounts of damage to the area can cause a lot of pain and discomfort. Pain in your low back is usually a symptom of stress or damage to your ligaments, muscles, tendons or discs. In some cases, if a nerve is pinched or irritated, the pain can spread to your buttocks and thighs.



Back pain can be triggered by everyday activities at home or work, and by poor posture. For example:

- Bending awkwardly
- Twisting
- Slouching in chairs
- Standing or bending down for long periods
- Lifting, carrying, pushing or pulling incorrectly
- Coughing / sneezing
- Muscle tension
- Over-stretching
- Driving in hunched positions
- Driving for long periods without a break
- Poor work station set up

So what can you do help avoid low back pain?

- Bend from your knees/squat down to pick up items

- Review activities involving bending/twisting: for example always crouch in front of the washing machine to load and unload
- When washing at the sink stand with legs apart and lean onto the unit – don't bend from the waist
- Sit correctly – regularly change position if sitting for long periods
- Get a chair that fits you correctly
- Get work station assessed
- Remove wallet from back pocket
- Take regular exercise
- Don't do lots of repetitive movements especially lifting and twisting – have breaks or split work load over several days
- Don't stand for long periods – i.e. ironing – have regular breaks
- Check your sleeping position, especially your pillows and ensure a supportive mattress
- Check driving posture and take regular breaks
- Everything in moderation



If you are still in pain after trying the above, give us a call and we will check the mechanics of your body and ensure that all is working as it should do.

We have three fully qualified osteopaths at the clinic and one sports/massage therapist whose profiles and specialities can be seen on the web site:

Karen Robinson BSc (Hons) Ost
Dan Warin BSc (Hons) Ost
Deborah Smith BSc (Hons) Ost
Claire Yeoman VTCT Dip

We are open 6 days a week and aim to offer you an appointment within 24 hours. We are dedicated to helping you get back to health.

Broken Bones?

January and February were particularly cold months when we saw snow and temperatures below -5 degrees at night and only getting a few degrees above freezing during the day.

We hope that you haven't been unlucky enough to have a fall and break a limb. If you have been in plaster you will have been generally less mobile and unable to use the affected limb, and we are here to help.

If you have broken an arm or wrist the other arm may be aching due to being used all the time and having to use your body differently.



If you have broken a hip or ankle you may have pelvic and low back pain due to limping and using crutches. Your shoulders may also be painful from using crutches.

Osteopathy can help gently get these areas working again, stop the muscles tightening up and reduce the pain.

Once you are out of plaster you will want to get moving as soon as possible and having physiotherapy exercises will help. However, the limb can often be swollen, stiff and painful to move and put weight on. You may be frightened that you will damage it again. Osteopathy can help gently encourage the movement back into the area thus helping reduce the swelling. Gentle soft tissue techniques can help break down scar tissue that has developed around the site of an injury. Exercises will be given to help you get back to using your body as soon as possible. We will also look after the rest of your body as you gradually get to back to normal, ensuring that your body is now working evenly and balanced.



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Sheffield Osteopathic Clinic was established in 2000. Since then it continues to grow and has evolved into the busy clinic it is today offering and providing a first class service for its patients.



In 2008 we gave over 2500 treatments; the majority of patients are self funding with a few using private health insurance schemes.

In 2007 we audited the conditions treated in clinic.

- 34% related to low back pain
- 17% neck and shoulder pain
- 8% pelvic area and sciatica
- 7% related to shoulders and arms
- 7% knee problems
- 5% thoracic spine and ribs
- 5% general check up to maintain health
- 4% hip pain

The remainder included fibromyalgia and ankle, elbow, hand and wrist problems.

The male: female ratio was 46%:54%.
The majority of patients were 30+ in age.

We treat babies and children as well as adults right up to old age. All cases have found treatment to be beneficial.

After **three** treatments patients reported feeling **77%** improvement in their symptoms.

GOING GREEN:

**Please subscribe to our newsletter at:
www.SheffieldOsteo.com**

Tel: 01462 811006

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