

Newsletter *Issue 3*

Welcome to 2010 and the third newsletter from Shefford Osteopathic Clinic. Our two previous editions are available on our website www.SheffordOsteo.com.



Celebrating 10 years



Shefford Osteopathic Clinic first opened its doors in January 2000 providing the local community with osteopathy. The Clinic was an immediate success and now offers:

- Medical acupuncture
- Osteopathy for babies and children
- Osteopathy for pre and post natal mothers
- Sports and remedial massage, and
- Specialises in the treatment of frozen shoulder

We are looking to celebrate this milestone by supporting a local charity or getting involved in a local charity event. If you have an idea, then please contact Karen Robinson at the Clinic. We will update you in our next newsletter.

Prices held

For the second year running we have decided not to raise our fees. Whilst the country climbs out of this economic downfall, we want to continue to:

- Help get you back to work
- Help people remain healthy for work
- Improve the quality of health in individuals
- Help with pain relief
- Help relieve stiffness and aching
- Improve flexibility and mobility
- Aid recovery from surgery/trauma

2010 Treatment Fees

Osteopathy/acupuncture/cranial osteopathy
Initial £40, subsequent £37
Private health insurance accepted

Sports and remedial massage
Initial £36, subsequent £33

See our website for more details about the different therapies and “what to expect”.

New Website

In December 2009 we launched our new website. It is here that you will find full details of our range of therapies, the therapists, what to expect and the sorts of problems we can help with.

There are case studies and information sheets to help keep you informed together with copies of previous Newsletters. Here are some of the case studies and topics already on the site:

- Low back pain
- Shoulder pain
- Knee pain
- Headaches
- Types of conditions our treatments may help

We will continue to add new case studies and new information sheets; topics in the pipeline are:

- Gardening tips
- Are you sitting correctly?
- Simple exercises

Please remember that these information sheets are not a substitute for you seeking professional medical care by visiting the Clinic or your GP.

Acupuncture



Medical Acupuncture has been found to be beneficial in reducing pain in general and more specifically that of arthritic pain. So if you have had enough

of taking anti-inflammatories and painkillers, maybe now is the time to see if medical acupuncture in conjunction with osteopathy can help you.

Karen and Deborah are both trained in Medical Acupuncture and offer this treatment technique alongside osteopathy.

Massage Therapy



In addition to our osteopaths, we have a qualified Massage Therapist, Claire Yeoman, who specialises in Sports and Remedial Massage.

Claire treats a variety of problems using a combination of deep tissue massage, stretches,

exercise guidance and postural advice to promote healing and restore function.

Remedial Massage:

A deep tissue massage to help relieve...

- Muscular aches, pain and stiffness
- Recurring headaches
- Sluggish circulation
- Stress/tension
- Symptoms caused by poor posture, occupation/hobbies (e.g. RSI)

Sports Massage:

A rigorous massage which helps to...

- Promote injury recovery
- Reduce scar tissue
- Improve muscle tone
- Enhance flexibility
- Raise body awareness
- Reduce the risk of injury

Claire is available Monday and Thursday mornings and Saturday on request.

Safe in our hands



Our osteopaths have all completed a full time 4 – 5 year degree course. From 2000 it has been illegal for anyone to call themselves an osteopath unless they are registered with and regulated by the General Osteopathic Council. Every year they must complete 30 hours of

continuing professional development which is ratified by the regulator and which allows them to continue to practice.

Our medical acupuncturists and the Clinic are fully licensed by the local council to carry out this treatment.

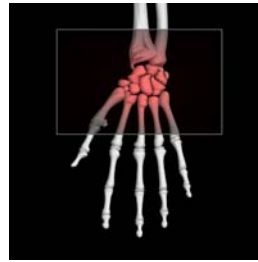


Broken Bones?

We had lots of snow and ice during December and January with many people slipping and falling over.

We hope you haven't been unlucky enough to fall and break or sprain anything, but if you have, we are here to help.

Case study:



A lady in her 60's fell over in February 2009 and broke her wrist. She went to hospital and was in plaster for 5 weeks. After the plaster came off in April she was unable to move her

hand; her hand and fingers were swollen and she couldn't grip things or drive. She was eventually given physiotherapy in August and attended a clinic 2 times a week for 5 weeks to do exercises to get the movement back. At the end of this treatment her hand and fingers remained swollen, she was unable to straighten her fingers out and had no improved movement.

She came to Shefford Osteopathic Clinic in October. We found that her hand and fingers were still swollen and stiff and that she was unable to correctly use her arm. After her first treatment with us, she reported that she had improved movement of her hand and fingers and that the swelling had reduced.

It is our experience that after a break, the muscles and soft tissues become tight/swollen and the joints stiffen up due to not being used. Exercises will help, but most people like to have "hands on" treatment, gently stretching and working around the area that was injured.

There are more details in our 2nd newsletter or if you would like to see if we can help, please give us a call.

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