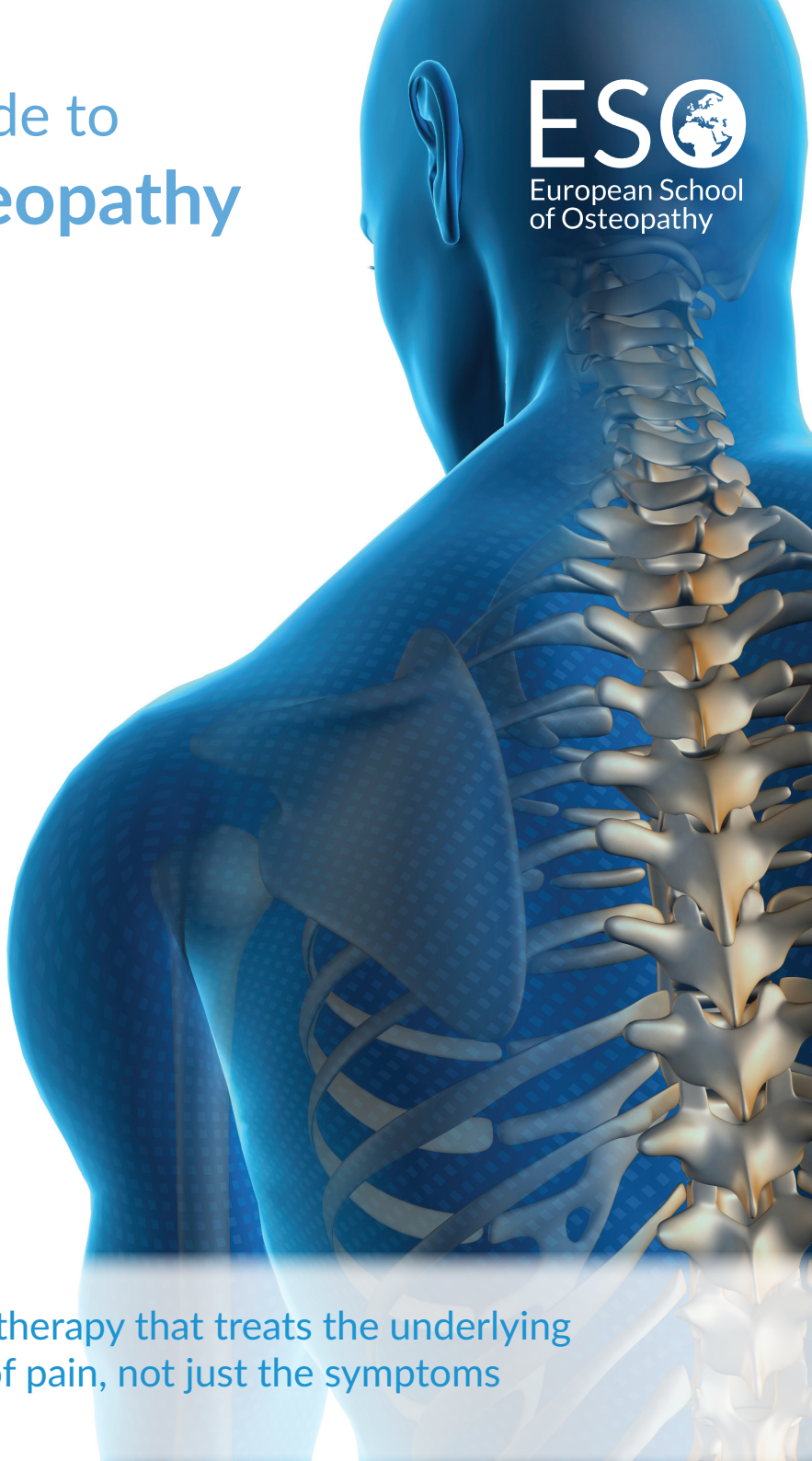


A guide to Osteopathy

ESO 
European School
of Osteopathy

Manual therapy that treats the underlying
causes of pain, not just the symptoms



What is osteopathy?

Osteopathy is a safe and natural manual therapy with a distinct approach to healthcare based on a well-established system of clinical diagnosis. Osteopaths understand the relationship between the body's organs, muscles and joints and focus on the structure and function of the body.

Osteopaths do not prescribe drugs or any other intrusive treatments. Instead, their skills lie in their highly trained sense of touch which enables their hands to diagnose and treat the underlying cause of pain. If problems arise in the musculo-skeletal system (bones, joints, muscles, discs, connective tissues, etc.), whether through injury, poor posture, stress, strain or disease, then the body's nerve impulses and circulatory mechanisms can be affected and problems will result.

The maintenance of proper mechanical function is therefore essential to good health. Predominately gentle manipulative techniques are used to correct joint and tissue imbalances, allowing the body's own self-healing and self-regulating mechanism to restore function and harmony within the patient's body.

What can it help treat?

Osteopathy can help many problems; it can provide relief for the body's structural, mechanical and functional problems in people of all ages and aims to treat the person, not the disorder. Here are a few examples of what osteopathy can help with:

- Muscle spasms
- Sports Injuries
- Arthritic pain
- Back pain
- Sciatica
- Tension
- Neuralgia
- Frozen shoulder
- Digestion problems

At every age, osteopathic healthcare has much to offer – from pregnancy and childbirth through to the health problems of the elderly. The objective is to promote long term health. Although perhaps best known for the treatment of back pain, osteopathy is effective in a very wide variety of conditions. The emphasis is on the patient as an individual rather than on the symptoms they experience. For example, the osteopath does not treat back pain but rather the mechanical dysfunction that is causing the back pain itself.

Common work-related injuries, caused by heavy lifting or repetitive movements can also take their toll on the body's framework. Billions of pounds are lost each year through leave of absence in the workplace due to aches and pains such as back pain. Osteopathy can help relieve such symptoms for a speedier recovery and prompt return to work. Functional problems as diverse as digestive, respiratory and circulatory symptoms, or pregnancy related symptoms, may respond very well to osteopathy too.

What to expect

At your first consultation your osteopath will take a comprehensive medical case history. Lifestyle, work, previous

traumas, sports and leisure activities may also be taken into account. All information is treated as confidential in accordance with the standards of practice set out by the General Osteopathic Council and the Data Protection Act 1998.

You will be examined using diagnostic procedures similar to those of conventional medicine and a detailed assessment of the structure and function of your musculo-skeletal system will be made. To do this, you will be asked to remove your outer clothing so that mobility of your body can be evaluated by performing a series of simple movements, which allows the osteopath to identify areas of dysfunction, weakness or injury. After reaching a diagnosis, the osteopath will explain what was found and an appropriate and suitable treatment plan will be recommended. Initial consultations usually last about 1 hour and 20 minutes.

No GP referral is required in order to visit an osteopath. However, in certain cases the osteopath may refer a patient to another therapist or back to their GP,

Why choose the ESO Clinic?

The ESO Clinic, based in Maidstone, has been providing osteopathic treatment to the local community since 1978. The consistently high quality of clinical care is well known across the area; students, under supervision of experienced tutors, carry out over 20,000 treatments a year, which bears testimony to this. We have 21 treatment rooms, 13 of which are downstairs; 4 of these treatment rooms are extra large, providing easy access for disabled or mobility impaired patients, and a hoist is available if needed. We have a large free car park and can offer same day appointments.

As a registered charity and teaching clinic, the ESO Clinic offers very competitive pricing for treatments. For our latest prices and information on how to book an appointment, please call:

01622 685989

Alternatively, please visit:

www.eso-clinic.co.uk





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