

# Osteopathic Sports Clinic

**ESO**   
European School  
of Osteopathy

Raise your game: reduce injury  
and improve performance at the ESO

## Sports Osteopathy Clinic

We offer a comprehensive service to aid all types of sport individuals and their recovery from injury. Fourth year student practitioners carry out the treatments under the close supervision of highly qualified registered osteopaths with extensive experience in the field of sports medicine.

As well as this, we have the facility to directly refer to our onsite Musculo-skeletal Diagnostic Ultrasound Clinic, headed by our Consultant Imaging Specialist, to further aid our diagnosis and treatment plan.

## Osteopathy in Sport

Osteopathy for sports men and women is so much more than basic rehabilitation and injury recovery. Osteopathic care encompasses a wide ranging review of your sports specific performance and biomechanics efficiency, a global perspective on your posture and breathing mechanics in action. The approach also supports peak performance and endurance. Osteopaths aim to reduce strain and force impact to the body and tissues, and hence limit injury and aid healing potential. In this context many sports men and women present to osteopaths for postural, global biomechanical advice, breathing support and sports specific performance assessment without having a current injury.

If injury does occur, osteopathy can then play an enhanced role in injury management. We can bring in rehabilitation, exercise prescription and sometimes nutritional support advice if required.

We can also offer:-

- Skilled techniques to aid local soft tissue repair and improve drainage
- Approaches to manage pain and psychological impact of the injury
- Support for everyone from the injured school player to the professional athlete

Common problems for which people seek help:-

- Muscle strain
- Ligament injury
- Back pain
- Knee and hip injuries
- Ankle and foot injuries
- Shoulder and elbow injuries
- Complex recurrent and difficult to resolve pain
- Movement disorders

## Rehabilitation

Rehabilitation is a vital element of the ESO Sports Clinic. Recovery time obviously depends on the nature and severity of the injury and the structures affected, be it bone, muscle, ligament or tendon. Often, keen athletes return to their chosen sport far too early, with the potential risk of further, more serious injury. Osteopathic treatment and professional advice will help ensure a controlled and measured return to fitness thus reducing these risks.

Rehabilitation continues with the possible use of strapping and the prescription of stretching and resistance exercises, according to the nature of the injury. Part of the overall management includes relaxation techniques, advice on hot and cold application, possibly anti-inflammatory medication, nutrition,

and the motivation to regain full fitness. Communication with a coach or team manager is encouraged throughout the recovery period.

## 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.

## Is treatment expensive?

As a teaching clinic and a registered charity, the ESO Clinic offers very competitive pricing for treatments. With its long history in Maidstone, the ESO has many contacts and relationships with local sports clubs and institutions leading to a further discount. Please ask at reception when booking your appointment.

For our latest prices and information on how to book an appointment, please call

**01622 685989**

Alternatively, please visit

[www.eso.ac.uk/clinic](http://www.eso.ac.uk/clinic)





## Integrative Health Suite

We offer a range of allied services through our Integrative Health Suite:

[Therapeutic Counselling](#) / [Perrin Technique](#)

This range will continue to expand - please visit our website for details



Scan the code to visit our website

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