

Never put off until tomorrow what you can d.....

'World Osteopathy Day' was on 22nd June this year, a date that is also significant in my diary as being my husband's birthday. What with extra activities associated with the end of the school year; leavers' plays and parties, end of term concerts and organising holiday clubs, my procrastination got the better of me and so I opted to focus on only one event for that day. However the message is the same whatever the day so it's never too late to share

Around 30,000 people currently consult osteopaths every working day. Patients include children, older people, manual workers, office professionals, pregnant women and sports people.

Patients seek treatment for a wide variety of conditions, including back pain, changes to posture in pregnancy, postural problems caused by driving or work strain, the pain of arthritis and minor sports injuries.

Osteopaths are highly trained primary healthcare practitioners adapting their therapeutic approach to the needs of the individual. They use a combination of mobilisation, stretching, deep tissue massage and manipulation of a person's muscles and joints to improve function, relieve pain and aid recovery. They may also provide advice on posture and exercise to support healing, promote health and prevent symptoms from recurring.

Osteopaths also work closely with other health care professionals, providing onward referral if required.

So my message to you is if you feel that your body is not coping with the stresses you are putting upon it, don't do as I do and procrastinate to the point where niggles and aches become pains and restrictions.

Sometimes one visit to an osteopath when you first feel symptoms is enough to stop a problem in its tracks and prevent further treatment being necessary.

If you have any questions regarding treatment please contact Kate on 01908 587675 or 07986 511335.

(Advertising Feature)



**WOBURN SANDS
OSTEOPATHY CLINIC**
KATE HIGHSTEAD



General
Osteopathic
Council
I'M REGISTERED
Registration no. 553
www.osteopathy.org.uk

Back Pain, Sciatica

Joint pain from osteoarthritis

Neck pain, Headaches

Frozen shoulder, tennis or golfers elbow

Muscle tension and sports injuries

Postural changes in pregnancy

A range of osteopathic techniques suitable for all ages are used including cranial osteopathy.

If you wish to discuss whether treatment could be effective for you or your child please call me.

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