

Osteopathy For Pain Relief

Pain is a warning signal that something is wrong. It is one of the body's natural defence mechanisms to alert you to a problem but also it is there to stop you from damaging your body further. Look on it as a red traffic light.

What is pain?

Osteopaths diagnose the cause of pain and can often do a great deal to help reduce the level of your pain and suffering.

But what directly causes pain? Often, it is the result of localised swelling of injured tissue which creates pressure on nerves.

Your pain

- Low Back Pain
- Neck Pain
- Headaches
- Joint Pain
- Rheumatic Pain
- Pain From Injury
- Sports Injury
- Arthritic Pain
- Joint Stiffness
- Leg Pain

The skilled techniques of osteopathy can allow you a speedy return to normal activity. If you have had the pain for a long time and other forms of treatment have not helped, osteopathic treatment may be beneficial, although it may require time and patience. The osteopath will look at how your whole body

functions and so be able to reduce strain on the painful area caused by mechanical problems elsewhere.

There are times when it is wise for you to take medication as well as receiving osteopathic treatment.

Why an osteopath?

Osteopaths help to reduce tissue inflammation by a number of methods ranging from massage of muscles and connective tissues to manipulation and stretching of joints.

This helps to reduce muscle spasm and increase mobility, helping to create a healthier state in which damaged tissues can heal.

Much long-term, recurrent pain is caused by degenerative changes to the body's framework. Nobody can reverse the process of ageing. However, osteopathic treatment using gentle, manual techniques on joints, muscles and ligaments may often ease pain, reduce swelling and improve the mobility and range of joint movement. Pain control is an important part of treatment and osteopaths give guidance on simple self help methods to use at home.

Remember

Osteopaths are skilled health care professionals.

Osteopaths deal with pain every day.

UK osteopaths treat SIX million people every year who are suffering from pain.

Osteopaths can help you both with treatment and advice on self help.

Osteopaths treat acute pain.

Osteopaths treat chronic pain.

Osteopaths treat to prevent pain recurring

Visiting an osteopath

When you visit an osteopath for the first time a full case history will be taken and you will be given an examination.

You will normally be asked to remove some of your clothing and to perform a simple series of movements.

The osteopath will then use his highly developed sense of touch, called palpation, to identify any points of weakness or excessive strain throughout the body.

The osteopath may need additional investigations such as Xray or blood tests. This will allow a full diagnosis and suitable treatment plan to be developed with you. Osteopathy is patient centred, which means the treatment is geared to you as an individual.

What will it cost?

Most people consult an osteopath privately. Many private health insurance schemes give benefit for osteopathic treatment. Some companies will reimburse the total fee that you have paid to the osteopath, some only a percentage. Most companies require a GP or specialist referral. All insurance companies have

help lines to explain your actual benefits and methods of claiming.

Osteopathy And Patient Protection

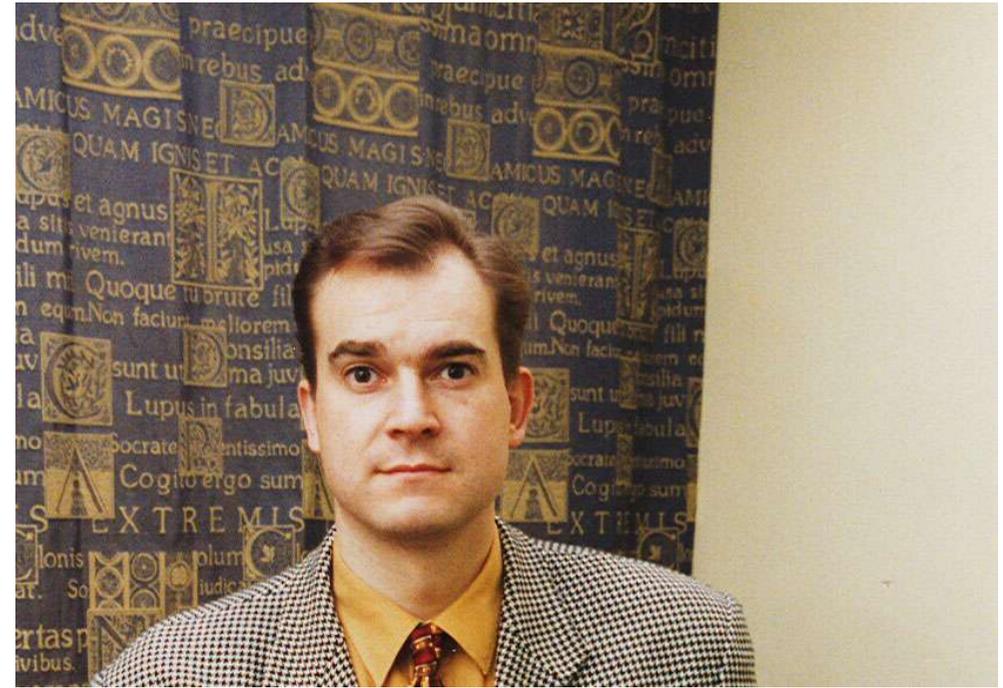
Osteopaths are trained to recognise and treat many causes of pain. Osteopathy is an established system of diagnosis and manual treatment, which is recognised by the British Medical Association as a discrete clinical discipline.

For the last sixty years, osteopaths have worked within a system of voluntary regulation that set standards of training and practice.

In 1993, osteopathy became the first major complementary health care profession to be accorded statutory recognition under the 1993 Osteopaths Act. This has culminated in the opening of the statutory register of osteopaths by the General Osteopathic Council in May 1998. Only those practitioners able to show that they have been in safe and competent practice of osteopathy will be allowed onto the register and in the future all osteopaths will be trained to the same high rigorous standards.

All osteopaths will need to have medical malpractice insurance and to follow a strict code of conduct.

Patients have the same safeguards as when currently they consult a doctor or dentist.



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General Osteopathic Council registration no. 3/1421/F

Robert is an osteopath and naturopath, he graduated from the British College of Naturopathy and Osteopathy in 1991. Since then he has worked in a busy practice in Huddersfield for 5 years, before moving to Scotland in 1996 to set up the Good Health Centre.

He has contributed to two international textbooks on back pain as well as winning the National Back Pain Association gold medal for original research. Robert has also written a number of magazine articles and newsletters on nutrition and herbal medicine.

As a member of the Spinal Research Unit of Huddersfield University, Robert has been

involved in some of the latest research into back pain, the results of which have been published in peer reviewed scientific journals such as Spine.

Three years ago Robert completed a course on myo-facial acupuncture, for the treatment of musculo-skeletal injuries, which he has found to be a very useful adjunct to his osteopathic skills.