



STRIDE CLINIC

Stride Clinic

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## Osteopathy

Osteopaths treat more than back pain and osteopathy is suitable for people of all ages, from birth and beyond. Osteopathy focuses on the diagnosis, treatment and prevention of a broad range of health conditions and helps alleviate acute and chronic pain and prevent recurrence.

Osteopaths use hand-on manual therapy to stretch, massage, move and manipulate joints. The aim of treatment is to increase mobility, relieve muscular tension and enhance the blood and nerve supply to the tissues of the body in order to restore balance and help to alleviate pain without the use of drugs or surgery.

In addition, your osteopath may offer exercises, advice and strategies to help support your treatment and aid your recovery, giving you the control back on managing your symptoms at home.

Osteopaths are regulated, primary healthcare professionals who will take the time to listen to your symptoms and encourage you to talk about all aspects of your health.

You can see an osteopath about multiple complaints as osteopaths treat the body as a whole. Treatment may also include orthopaedic testing, neurological & blood pressure screening to assist in your diagnosis and treatment.

Osteopathy can offer people with a broad range of health conditions gentle, safe and effective treatment. They are trained to diagnose and identify 'red flags' which may need referral to other healthcare professionals where appropriate, including GP's, A&E or private imaging and consultants.

Osteopathy can help with but is not limited to:

- General aches and pains
- Arthritic pain
- Back pain
- Cervicogenic headache (arising from the neck)
- Shoulder and elbow pain
- Digestive problems
- Sciatica
- Neuralgia
- Inability to relax
- Joint pain
- Acute & chronic backache
- Neck pain
- Prevention of migraines
- Circulatory problems, cramp
- Lumbago
- Muscle spasms
- Fibromyalgia
- Rheumatic pain

Our bodies have an innate ability to heal themselves. Osteopathy takes a holistic, whole body approach to your healthcare. Siân does not concentrate only on the problem area but uses manual techniques to balance all the body systems, and to provide overall good health and wellbeing.

The General Osteopathic Council regulates all osteopaths in the UK and every osteopath is insured and fully CRB checked.

Siân's registration number is 9709 – you can find her by searching the General Osteopathic Council register <https://www.osteopathy.org.uk/register-search/registrants/10429-miss-sian-steel/>