

OUR OSTEOPATHS

Laurence Kirk ND, DO, MRN, BSc(Hons) Ost.Med.

Laurence qualified in 1984 at the British College of Osteopathic Medicine. He has been involved in teaching and examining for many years and was previously Dean of Clinical Studies at the British College of Osteopathic Medicine in London before becoming Programme Leader for Osteopathy at Oxford Brookes University. He has appeared as an expert on national television and radio and contributed to articles in national newspapers and international journals. He has a special interest in performing arts medicine and a research interest in low back pain.

Elizabeth Simmons ND, DO, MRN, BSc(Hons) Ost.Med.

Elizabeth is a registered osteopath, and a graduate of the British College of Osteopathic Medicine. Elizabeth has completed postgraduate training in cranial osteopathy. As an active sportswoman Elizabeth has a special interest in the treatment of sporting injuries and, in addition, the treatment of childhood complaints. Elizabeth has an interest in the impact of diet and nutrition on health generally and as a naturopath is qualified to advise in these areas.

**Experienced
Practitioners**



Appointments

Monday to Friday 8.00a.m to 7.00p.m.,

Saturday 8.00a.m. to 5.00p.m.

Please telephone:

01789 267888

Please leave a message on the answer phone outside of office or if the practice manager is temporarily unavailable



The Greenhill Osteopathic Practice

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The Greenhill Practice

The Family Osteopathic Practice

Registered Osteopaths

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OSTEOPATHY

Osteopathy is an established and recognised system of diagnosis and treatment focusing predominantly on musculo-skeletal disorders. By law all osteopaths must be registered with the General Osteopathic Council, a government appointed body which ensures very high standards and rigorous training. Although many patients visit for the treatment of common conditions such as low back and neck pain, joint aches, sciatica, sports and work related injuries, increasingly patients will attend for treatment and advice relating to posture in pregnancy, childhood aches and pains, as well as the musculo-skeletal stresses and strains associated with chronic conditions such as asthma.

A BRIEF HISTORY OF OSTEOPATHY

Manipulative methods as part of medical treatment are known to date back to the earliest times. However, Osteopathy as it is known today was founded by Andrew Taylor Still, born in 1828 in Virginia. During the American civil war he served as a surgeon and following the war continued to study the nature of health and disease. He studied the human body in detail, its structure and the relationship between structure and how well the body performs. Still was able to develop these ideas and in many ways was ahead of his time in promoting the idea that health was influenced by physical, biochemical and environmental factors.

Both Medicine and Osteopathy have evolved from this time, with a move to increase the evidence base for our approach, through appropriately conducted research trials. As a consequence, the National Institute of Clinical Excellence(NICE) has recently endorsed spinal manipulation as an effective treatment for low back pain.

ABOUT TREATMENT

Osteopaths work with their hands using a variety of techniques. These may include soft tissue techniques, rhythmic passive joint mobilisation or manipulative techniques designed to stretch and relax muscles and improve the range of movement of a joint. Gentle release techniques are widely used, particularly on young or elderly patients, enabling the body to return to normal function.

Following treatment, and more commonly on the first occasion, you may feel a little tired and mildly achy for up to 24hours or so. During this time it is best to avoid strenuous activity.

Osteopathy is patient centred which means that treatment is tailored to you as an individual. Our aim is to get you better as quickly as possible, this may be as little as 2 or 3 sessions for acute conditions, or longer for more chronic conditions which may need ongoing maintenance. An average number of visits is 4 sessions.

A TYPICAL VISIT

The osteopath will begin by asking you for your complete medical history, since a holistic approach is taken you will also be asked questions on your lifestyle. You will then be asked to remove some of your clothing for a physical examination. The osteopath will assess your posture, spine and balance, using their highly developed sense of touch, called palpation. This may include assessment of your back, legs and arms, checking your joints, muscles, and ligaments. The osteopath may sometimes need additional investigations such as x-ray or blood tests. This will allow a full diagnosis and suitable treatment plan to be developed especially for you.

FEES YOU CAN AFFORD

Our fees are very reasonable, please ring to enquire, or for full details visit our website at:

www.greenhill-osteopath.co.uk

Treatment is covered by most major healthcare insurers. Including BUPA, PPP, HSA, WPA, Sun Alliance, The Birmingham Hospital Fund and more

We are happy to arrange corporate schemes for rapid access to the treatment of work related injuries, please ask your occupational health department to contact the practice manager for further details.

Appointments available Monday to Saturday

Please note that due to high demand a cancellation fee may be charged if less than 24 hours notice of cancellation is given.

Please telephone:

01789 267888

You may book a preferred time online by visiting the 'book online' area on the website above or email us:

Contact us:
info@greenhill-osteopath.co.uk