



## Osteopathic Services

**Every day 30,000 people in the UK see an osteopath...**

**Could a visit benefit your health?**

Patients seek help from an Osteopath for a variety of conditions including neck and back pain, joint or muscular pain, sports injuries, recurring headaches and more.

Recognised by the NHS as Allied Health Professionals, Osteopaths play a critical role in the diagnosis, treatment and care of people of all ages.

Appointments are usually available without the need for referral from a GP.

## About Osteopaths

Osteopaths are highly trained, healthcare professionals who are experts in joints, muscles and associated tissues problems in relation to other systems of the body.

Osteopathy is a safe and effective form of prevention, diagnosis and treatment for a wide range of health issues and is available for people of all ages, from babies to the elderly and everyone in between, including pregnant women, elite athletes and those with work related strain or pain and stiffness related to advancing years.

The UK National Institute for Health and Care Excellence (NICE) recommends manual therapy, such as that provided by Osteopaths as part of a package of care for low back pain. Osteopaths are trained to assess, provide treatment and management advice for the treatment for low back pain and more.

## What to expect


During your visit you will be asked about your current symptoms and medical history and you can discuss any of your concerns about what may be the cause of your pain or discomfort.




A routine examination will then follow checking for more serious conditions and advise of any further action required. After the initial examination, your osteopath will discuss treatment options with you, to jointly decide upon an appropriate treatment plan and costs.

Treatment may begin at your first appointment and mild discomfort is possible afterwards however, in most cases this will resolve within 24 hours.

Several visits may be needed, although depending on your case further tests and/or referrals to other appropriate health care professionals, including your GP could be necessary.

**For more information or to book an appointment:**



	<b>023 8076 4348</b>
	<b><a href="mailto:southampton@spireperform.com">southampton@spireperform.com</a></b>
	<b><a href="http://www.spireperform.com/southampton">www.spireperform.com/southampton</a></b>
<b>Perform beyond your expectations</b>	