Osteopathy is a safe, effective, hands-on, natural solution to the treatment and management of acute or chronic pain. Osteopaths are skilled health care professionals who undertake a rigorous four year degree course to enable them to recognise and treat many causes of pain, from muscles to ligaments and nerves to joints.

Osteopathy is suitable for people of all ages and backgrounds, ranging from babies, elderly, office workers to amateur and professional athletes.

Osteopathy is a 'package' of care that includes skilled mobilising and manipulative techniques, reinforced by guidance on rehabilitation and exercise. Treatment involves gentle, manual techniques - easing pain, reducing swelling and improving mobility, allowing you a quick return to normal activity.

Our Osteopaths use a wide variety of treatment techniques ranging from joint articulation/mobilisation and manipulation, soft tissue massage/trigger point and myofascial release, muscle energy techniques and cranial osteopathy.

Key points to remember:

- Osteopaths are skilled health care professionals
- Osteopaths deal with pain everyday
- Osteopaths can help you with treatment and advice on self help
- Osteopaths treat acute and chronic pain
- Osteopaths can help prevent pain from recurring

The content on this website are provided for general information only. Diagnosis & treatment of an individual's medical condition requires proper examination by and consultation with a qualified practitioner.