

OSTEOPATHY

Looking after your body is the best investment you can make today.



0208 752 0569

The Osteopaths

Krutika Patel and Lazarus Nono graduated in 1997 with BSc (Hons) from the British School of Osteopathy, which is now the University College of Osteopathy. Jointly they have a total of over 30 years of Osteopathic experience. They both tutor at the British College of Osteopathic Medicine and continue to practice all areas of osteopathic care.

Prior to joining Shades Clinic, Krutika has worked in both commercial (specialising in Ergonomics), NHS and the Private sectors of Osteopathy. Additionally, she managed her own successful Osteopathic Practice in Ealing, before emigrating to work abroad.

Lazarus has a background in the performing arts. In 2014, University College of London awarded him a Master's degree in Performing Arts Medicine. As an ex dancer, except for a weekly energetic tango, he is particularly interested in the best way to get the most out of the body.

Lazarus and Krutika are highly trained and therefore able to tend all ailments from highly active to inactive lifestyles.

Regular check ups

Thank you for choosing osteopathy. Similar to six monthly dental check-ups, a regular Osteopathic assessment can help to keep your body healthy and make you feel good.

The stresses of everyday life can result in us not looking after our bodies sufficiently to promote health.

Research suggests that a lack of regular exercise may lead to poor muscular tone, which over time can result in poor posture and joint stress causing back or limb pain.

Regular hands on treatment may be able to make a big difference to the quality of your life. Especially for those people already living with an ongoing shoulder or hip problems.

The goal of regular treatment

The aim of ongoing treatment is to promote health within your body. Many people agree with the statement, "Prevention is better than cure".

Nonetheless, we live in a world that often promotes poor health, be that due to long working hours, poor sleep a diet high in sugar fat and salt or a lack of daily exercise.

What does it involve

1. An opportunity to discuss any new health issues, that may need medical referral
2. A detailed muscle and joint assessment and if necessary other none bones and joints (heart lung) assessment.
3. Treatment to address any problems related to your muscles or joints which may have occurred due to the stresses of daily life
4. To aid soft tissue health and joint mobility, rhythmic joint articulation is used

How often should you have a check-up

Usually once or twice per year is recommended to address any problems. We look forward to seeing you. Thank you for choosing Osteopathy for your ongoing Osteopathic care.

Booking & cost

- £60.00 first consultation
- £50.00 follow up appointments
- Registered with the follow health care provider: BUPA, AXAPPP and others

Contact

Shades Clinic
382 Uxbridge Road,
Ealing common,
London W5 3LH.

Email: info@shades-clinic.com

Web: www.shades-clinic.com/medical

Web: www.evokehealth.co.uk