

# OSTEOPATHY

Performing Arts Medicine Specialist



0208 752 0569

## What Osteopaths treat

Osteopathy is suitable for people of all ages, including during pregnancy.

Common conditions that osteopaths may be able to help with:

- Arthritic pain
- Back Problems
- Headaches
- Jaw dysfunction
- Muscular injury
- Arm and leg joint pain
- Repetitive work related strain
- Pregnancy related joint stress
- Postural imbalance

## What to expect

The first appointment will consist of:

1. An interview,
2. An examination,
3. Discussion of the findings,
4. If appropriate treatment.

## The interview

The initial consultation involves taking a case history covering your general health, previous illness, life style and family medical history.

## State of undress

To enable the osteopath to carry out a detailed examination, you will be asked to undress down to your underwear.

## The examination

At each appointment, the Osteopath will carry out a detailed examination of your body. The physical examination will include, looking at and assessing the area causing the pain. Moving different joints and examining other areas of your body that may appear to be unrelated to you. After the examination, the Osteopath will explain the findings to you.

The aim of the assessment is to identify the cause of your problem and try to understand why the body has thus far not “cured” itself.

## Diagnosis

Osteopaths use many of the procedures employed by medical doctors to assess and diagnose. More specific clinical test or a referral to other medical practitioners maybe suggested if deemed necessary.

## The treatment consist of

The treatment will address the painful region and other areas that may appear to be unrelated.

Osteopaths use a variety of different treatment approaches to improve soft tissue health and influence joint range of movement. The techniques may include; soft tissue stretching, rhythmic passive joint mobilisation or joint thrust techniques.

## 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.

## Who regulates Osteopathy

The General Osteopathic Council (GOsC) are the regulatory body for the profession. They were established 2000 after the Osteopaths Act of 1993. Osteopathy is a Statutory Regulated profession in the same manner as doctors and dentists.

The law protects the title 'Osteopath', and only those registered with the GOsC are entitled to use it.

## Booking & cost

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

## Contact us at

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