

OSTEOPATHY

Osteopathic Postural Care



0208 752 0569

The Postural Guidance

Each session will last for one hour. During the postural coaching, you may wear a tight T – shirt and shorts. The session will consist of postural training in the standing position, the seated position and walking posture. The postural coaching will end with a period of breathing and gentle movement exercises to aid relaxation.

The Osteopathic Postural Care is designed to, promote relaxation and help to improve how you sit and stand.

Are You Sitting Comfortably

Do you leave work with aches and pains that persist throughout the evening and are only relieved by sleep?

Most of us sit during mealtimes, travelling to and from work usually involves sitting. Once we arrive home we sit again, be that watching TV or slouching snugly on the sofa reading a book. Prolonged periods of sitting on poorly designed furniture, places stress on the joints and the surrounding soft tissue, which may lead to joint discomfort or pain.

Poor Sitting Posture

As a person sits down, they rotate the area below their waist backwards. This causes the spine's curvatures to flatten, which in turn changes the lower back's curvature and muscular tension. Over time as you tire the situation gets worse resulting in the shoulders rotating forwards and placing further stress on the neck and shoulders leading to pain and tension.

Good Posture

The spine has three natural curvatures, one in the neck, a second in the mid back and a third in the lower back.

The three spinal curves are visible when we are standing. They are less obvious in the seated posture.

One cause of poor spinal health is either an increase or decrease in the spine's curvatures, which may be due to sitting badly or spinal disease. Good posture is when the body only needs to use a minimal amount of energy to prevent it from falling too far in any one direction.

Poor posture puts pressure on the joints and surrounding soft tissue. It commonly causes pain in the neck, shoulders and in the lower back. If we can learn to be aware of how our body feels in different postures, we can develop an innate sense of our body and instinctively adjust our stance. After time, finding a comfortable position will become second nature.

The interview

If you have not already received osteopathic treatment at the practice, then the initial consultation will involve the Osteopath taking a detailed case history. This will cover 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 need to undress down to your underwear. This will allow a full assessment of your joints and their surrounding tissue.

The examination

The examination will include, looking at how you move your body from one posture to the next. The Osteopath will then carry out a physical assessment involving, soft tissue examination and joint motion testing.

The case history and the physical examination are designed to determine, whether your posture is poor and if so, is it as a result of poor joint motion, muscular shortening, or habit.

If your postural problem is due to poor body usage, the postural guidance program should be able to help.

However, if the Osteopath feels that the postural guidance program is not appropriate. Then the Osteopath will advise you on the best approach to help to remedy the problem.

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. Both Krutika and Lazarus are tutors at the British College of Osteopathic Medicine. They are both highly trained and therefore able to tend all ailments from highly active to inactive lifestyles

Booking & cost

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

Contact

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