

# About our services



*Osteopathy for all*



LEEK OSTEOPATHIC  
*Health Centre*

[www.leekosteopaths.co.uk](http://www.leekosteopaths.co.uk) 01538 388333



*“The treatment given always alleviates my symptoms and Helen’s very encouraging and helpful when it comes to suggesting exercises for home. I am a very satisfied customer!”*

Pat Elphick

## How we can help you

As osteopaths, we are trained to diagnose, treat and help prevent ill-health caused by musculoskeletal disorders – that means problems with your body’s bones, muscles, cartilage, tendons, ligaments, joints and other connective tissue.

However, problems in the framework of your body can disturb the circulatory system or nerves to any part of the body, so they can affect any aspect of health – not just aches and pains in joints and muscles. That’s why we treat the whole person, not just the condition. And it’s why we are able to treat such a wide range of symptoms in **adults and children, including babies**.

We work to restore your musculoskeletal system to a state of balance. We consider each person as an individual and will ask questions about your condition and general health, as well as examining you. We then use gentle techniques that work with your body and encourage the healing process.

Here are just some of the ailments treatment may give relief to:

- Arthritic pain
- Back/neck pain
- Shoulder, hip and knee pain
- Sciatica
- Ligament or tendon damage
- Repetitive strains
- Pain during pregnancy
- Distressed and unsettled babies with poor feeding or sleeping patterns



## Qualifications and professional standards

To become a qualified osteopath, you have to gain an osteopathy degree and undertake over 1,000 hours of training in osteopathic techniques. An osteopathy degree is similar to a medical degree but it focuses more on anatomy and musculoskeletal medicine.

By law, osteopaths also have to register with the General Osteopathic Council (GOsC), the profession's statutory regulator. This body sets and maintains UK standards for osteopathy.

The GOsC require osteopaths to renew their licence to practise every year, and will only do so if they prove they have completed 30 hours of continued professional development, have adequate insurance, and remain in good health and of good character.

You can always check if an osteopath is registered by searching the GOsC's online register at [www.osteopathy.org.uk](http://www.osteopathy.org.uk).

## About the owner: Helen White BSc (Hons) Ost

Helen qualified from the British School of Osteopathy in London, following a four-year degree. She has over 14 years' experience.

Initially she worked in private clinics in Chester and Nottingham before establishing Hands On Health with her sister. Since having her two sons, Helen has concentrated on osteopathy and now runs her clinic at Leek Osteopathic Health Centre, at her new premises on Ball Haye Street.

Helen's aim is to increase the awareness of osteopathy and its health benefits, and ensure it is affordable and available to all.



*“Our second son suffered from colic and reflux as a baby, so we decided to give cranial osteopathy a go. The results were brilliant. After only a few treatments, feeding times and evenings became so much better for us all! I can’t recommend the treatment highly enough.”*

Angela Woodward

## We also treat...

### Aches and pains in pregnancy

If you are pregnant and experiencing any of the following symptoms, we can help:

- General muscular back pain
- Pain or discomfort in the joint at the front of the pelvis (Symphysis Pubis Dysfunction)
- Pain in the lower back (Sacroiliac Joint Pain)
- Sciatica and leg pain associated with back pain
- Upper and middle back pain or rib pain leading to breathlessness and difficulty deep breathing
- Neck aches or headaches.

Rather than treating the specific symptoms we aim to improve the function of the individual's musculoskeletal system and as a result of alleviating tension and stiffness, the symptoms are often reduced. Osteopathy is a safe and effective treatment during pregnancy, unlike many other treatments: medication for example, or strenuous manual exercises.

### Babies and toddlers

During childbirth, a baby's body is subject to powerful pressure and this can cause very mild disturbances in their musculoskeletal framework, leading to subtle imbalances that are difficult to detect: tension in the head for example, or affected nerve supplies to any part of the body.

To release these tensions and pressures, we use a **very gentle form of osteopathy called ‘cranial osteopathy’**. Not all osteopaths offer cranial osteopathy, but we have over 14 years' experience in this area (see page 5 for more information.)

We can often help babies or toddlers by addressing strain patterns within their bodies following the birth process. Examples of problems parents bring their babies to us with are:

- feeding problems
- colic or unexplained crying
- poor sleep
- ear infections
- sinus or dental problems
- asthma



## Our specialist expertise

### A more subtle form of treatment – cranial osteopathy

In addition to a range of traditional osteopathic techniques, Helen is trained and experienced in cranial osteopathy. Cranial osteopathy is suitable for a patient of any age, including babies, very young children and the elderly, and it doesn't just concern the head, as the name suggests. It uses very gentle manipulative pressure to encourage the release of stresses throughout the whole body.

You or your child may feel warmth or pressure during the treatment and often, people feel that the tension is gradually being drawn out of their body. Occasionally, people may experience aches and pains that are mild and short-lived.

If your child has received treatment, they may be relaxed afterwards and sleep well. Sometimes they can become more energetic for a while but sleep well that night, while others may take a few days to settle after the treatment.

### Treatment for ME or Chronic Fatigue Syndrome



Helen is trained in the Perrin Technique™, an established theory and approach for the treatment of Chronic Fatigue Syndrome (CFS), Myalgic Encephalomyelitis (ME) and Post Viral Fatigue Syndrome. This technique was developed by Dr Raymond Perrin.

Dr Perrin believes that these conditions are physical disorders that lead to a build up of toxins within the brain and the spine. The Perrin Technique™ is used to diagnose CFS/ME – by identifying physical signs – and to treat the disorder by improving drainage of these toxins from the central nervous system. You can find out more at [www.theperrinclinic.com](http://www.theperrinclinic.com).

# Aiding your recovery

## Heat/cold therapy – which should you use?

Your osteopath should advise you, but generally, if you have a mild reaction to treatment, which lasts for up to 24-48hrs, then it usually helps to use an ice pack. That's because the cold reduces any heat, inflammation and swelling.

Ice packs should be applied over light clothing for 5-10 minutes and then re-applied every hour if possible (or at least 3-4 times a day), for up to 24 hours. If you feel the reaction is severe or if you have any concerns, please contact us for advice.

Heat is often used to help muscles relax and to improve blood flow to the area. Usually, a warm bath or shower will suffice, but heat packs can be applied in the same way as ice packs, or as advised by your osteopath.

## Products to buy

We sell a range of items that complement our treatment and can help ease your discomfort. If you need more information about any of these products, please ask.

Product
• Wheaty bags (can be heated or chilled)
• Hot/cold reusable ice packs
• Instant ice packs
• Bio Freeze roll-on gel
• Bio Freeze tube gel
• Various pillows including Sissel Memory Foam and Goldilocks brands.
• Emu balm (to massage into the skin)
• Lamberts Healthcare supplements
• Forever Aloe Vera products
• Foot/arch support and various joint supports

### To place an order, please contact us:

Phone: 01538 388333 (8.30am – 7.00pm)

Email: [info@leekosteopaths.co.uk](mailto:info@leekosteopaths.co.uk)

Call in: 13 Ball Haye Street, Leek, Staffordshire, ST13 6JN

## Exercises for home

During your initial consultation, your osteopath will discuss your prognosis and may suggest exercises you can do at home to help your rehabilitation. If you would like more advice in this area, please ask your osteopath at your next appointment. We are happy to print out exercise sheets or email them to you.

If you have experienced discomfort after carrying out a recommended exercise, stop the exercise and contact us.



## Useful links

General Osteopathic Council	<a href="http://www.osteopathy.org.uk">www.osteopathy.org.uk</a>
Institute of Osteopathy	<a href="http://www.osteopathy.org">www.osteopathy.org</a>
Back Care (charity)	<a href="http://www.backcare.org.uk">www.backcare.org.uk</a>
The Perrin Clinic (Treatment of ME/Chronic Fatigue Syndrome)	<a href="http://www.theperrinclinic.com">www.theperrinclinic.com</a>
The Sutherland Society (cranial osteopathy)	<a href="http://www.cranial.org.uk">www.cranial.org.uk</a>
The National Childbirth Trust (support in pregnancy and for parents)	<a href="http://www.nct.org.uk">www.nct.org.uk</a>
More about Emu oil/balm	<a href="http://www.loremcare.co.uk">www.loremcare.co.uk</a>
More about aloe vera products	<a href="http://www.foreverlivinguk.com">www.foreverlivinguk.com</a>
More about Lamberts supplements	<a href="http://www.lambertshealthcare.co.uk">www.lambertshealthcare.co.uk</a>

## Rearranging or cancelling appointments

If you need to rearrange or cancel your appointment, please give us at least 48 hours notice to avoid a cancellation fee of £20. This will enable us to offer your unwanted appointment to someone else.

## Better health — the perfect gift

Gift Vouchers are available for our services (starting at £5) or you can buy someone a single treatment or course of treatment.

# Contact us

## By phone

01538 388333

8.30am – 7.00pm

**Reception cover** We provide reception cover for our clinic sessions. Outside these times, during the week, the phone will be diverted to a mobile phone to offer an answering service where you can leave a message and if necessary we will return your call. Alternatively you can contact us on our email.

## By email

info@leekosteopaths.co.uk

## Call in

13 Ball Haye Street, Leek, ST13 6JN

## Find us on:



Leek Osteopathic Health Centre



@leekosteopaths



## Recommend us and get £15 off

If you have benefited from our treatment, please help us to help others. Recommend us to someone, and providing that person becomes a new osteopathic patient here, we'll discount your next session by £15 as a thank you. Contact us to find out how this works.



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