

**For
Appointments
Please Ring**

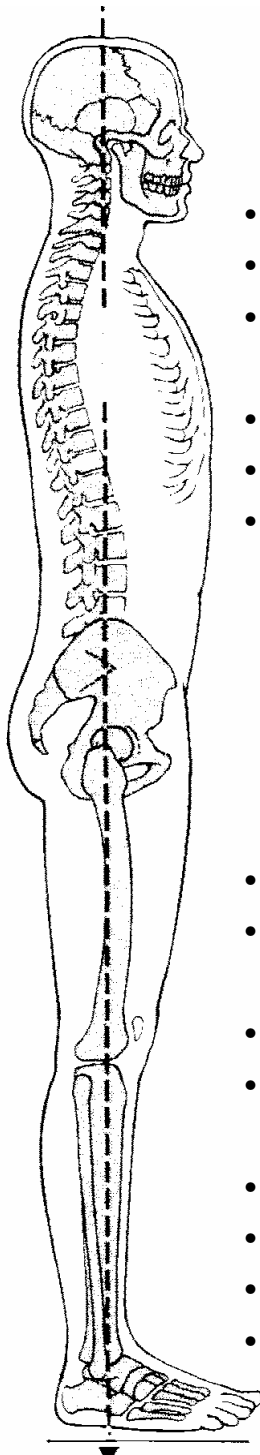
**Strood
(01634) 723600**

**Tolgate Clinic
5 Tolgate Lane, Strood
ME2 4TG**

**Maidstone
(01622) 661055**

**B-Pro-Active
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Maidstone
ME14 1EN**

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**EFFECTIVE
MANAGEMENT AND
REHABILITATION OF**

- Low back Pain
- Neck & Shoulder Pain
- Whiplash Associated Disorders
- Muscle Strains
- Ligamentous Sprains
- Sports Injuries Of The
 - Ankle/Foot
 - Knee
 - Hip
 - Fingers/Wrist
 - Elbow
 - Shoulder
- Occupational RSI
- Pregnancy Related Low Back Pain
- Children's Clinic
- Disc Injuries
- **OTHER SERVICES**
 - Cranial Osteopathy
 - Ergonomic Advice
 - Workstation Design
 - Exercise Rehabilitation Programs



Osteopathy

VISITING AN OSTEOPATH

When visiting an Osteopath for the first time a full medical history will be taken and a physical examination undertaken.

You will normally be asked to remove some of your clothing and to perform a simple series of movements so that the mobility of your body can be evaluated. Any point of weakness, excessive strain or specific injury will be identified.

This musculo-skeletal assessment will be considered alongside lifestyle factors such as work and leisure activities to enable a full diagnosis and suitable treatment plan to be determined.

The skilled techniques of Osteopathy can allow you a speedy return to normal activity.

Treatment is aimed at reducing pain and discomfort, allowing a progressive return to normal levels to activity through treatment and advice on rehabilitation.

There are times when it is wise for you to take medication during your osteopathic treatment to aid a speedy recovery.

OSTEOPATHY AND SAFE PRACTICE

Osteopaths are trained to recognise and treat many causes of pain. Osteopathy is an established system of diagnosis and manual treatment which is recognised by the British Medical Association as a discrete clinical discipline.

For the last sixty years, Osteopaths have worked within a system of voluntary regulation which set standards of training and codes of practice.

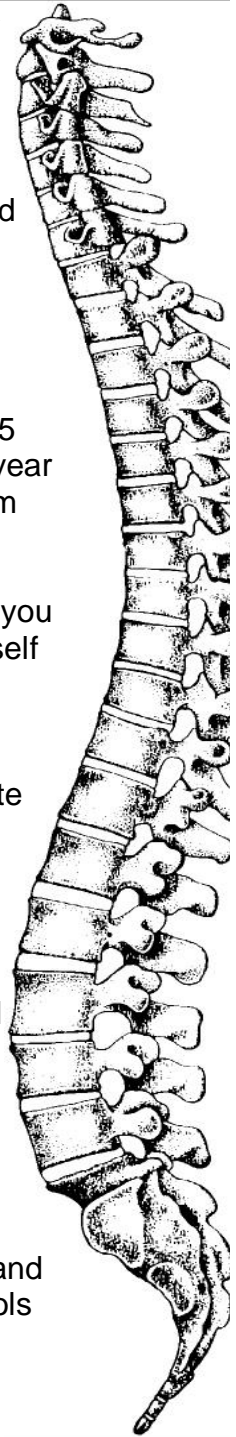
In 1993, Osteopathy became the first major complementary healthcare profession to be accorded statutory recognition.

Osteopathy is now a state regulated profession which is governed by the **General Osteopathic Council** who maintain standards of education, professionalism and ethics.

As a result of state regulation, patients consulting an Osteopath now have the same safeguards as when they visit a doctor or dentist.

Remember

- Osteopaths are skilled health professionals
- Osteopaths deal with pain every day.
- UK Osteopaths treat 5 million people every year who are suffering from pain
- Osteopaths can help you with both treatment, self help and advice on rehabilitation.
- Osteopaths treat acute and chronic pain.
- **We offer advice on**
 - Work station ergonomics and set up
 - Stretching and sports rehabilitation
 - Massage tools and rehabilitation tools



FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE
www.b-pro-active.com