



# STONY STRATFORD OSTEOPATHIC PRACTICE

## What is Osteopathy?

"Osteopathy is a way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. When the body is balanced and efficient, just like a well tuned engine, it will function with the minimum of wear and tear, leaving more energy for living."  
*General Osteopathic Council*

## What is Cranial Osteopathy?

Cranial Osteopathy is a type of treatment that uses very gentle pressure to encourage the release of stresses throughout the body, especially the head and sacrum. It is extremely effective in treating people of all ages, from birth to old age.

## What can be treated?

Typical problems that can be helped by being treated by an osteopath:

- Back pain and joint problems, including sciatica
- Headaches and migraines
- Neck and shoulder pain
- Arthritic conditions including rheumatism
- Breathing problems including asthma and hyperventilation
- Sports injuries
- Repetitive strain injuries and carpal tunnel syndrome
- Postural problems (including during pregnancy)
- Tennis and golfers elbow
- Muscle and joint pain as a result of another condition or side effect of drug therapy

## Who can be treated?

We can treat all ages including children and the elderly.

## Do I need a GP referral?

No, however, if you wish to know more or are unsure if your complaint is suitable for osteopathic treatment please call and we can advise you on the appropriate treatment, whether that might be osteopathic or otherwise.

## Practitioner - Paul Lewis B.Ost.

Paul's approach includes both traditional joint manipulation and articulation (moving), muscle energy techniques (using the muscles to relax themselves), together with more gentle Cranial Osteopathic techniques, soft tissue massage and rhythmical movement techniques. Paul combines both classical and modern osteopathic approaches to health by treating patients as a whole and not just a collection of different body parts. Paul has a particular interest in treating breathing disorders and digestive problems.

Paul is qualified and registered with the General Osteopathic Council.

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