

### Opening Times

Monday 0700-2000  
Tuesday 0700-2000  
Wednesday 0700-2000  
Thursday 0700-2000  
Friday 0700-2000  
Saturday 0800-1400

We are open bank holidays at no extra charge  
A domiciliary (visit you at home service) is available,  
We are covered by most medical insurance companies.

\* Please note that cancellation or changes to an  
appointment can only be made by phone,  
**not** by email, 48hrs required.

Please contact us for further details and appointments

CORPORATE SCHEMES AVAILABLE.

#### **CRAWLEY HORSHAM**

K2 Crawley (Wheelchair Access)	The Pavilions in The Park (Wheelchair Access)
Pease Pottage Crawley	Hurst Road Horsham
West Sussex RH11 9BQ	West Sussex RH12 2DF
Tel: 01293-533082	Tel: 01403-242624
Fax: 01293-525355	Fax: 01293-525355



GOsC Registered Osteopaths  
Mr. S. R. Palmer DO & Associates  
enquiries@bodycare-clinic.co.uk

HORSHAM 'The Pavilions' 01403 242624  
CRAWLEY 'K2' 01293 533082

# Arthritis Care

## Bodycare Clinic



[www.bodycare-clinic.co.uk](http://www.bodycare-clinic.co.uk)

## As We Get Older



Retirement can bring time for leisure, travel opportunities and interests that have been put to one side. It can also bring with it aches and pains!

A chance to take up those sports and activities that you never had time for whilst working and bringing up your family, e.g. golf, gardening, badminton, fitness classes etc. may be spoilt by these aches and pains.

As we get older, the body changes and loses some of its elasticity and ability to adapt to what we ask of it, we can start to get **stiff joints** and **aching muscles**.

It has also experienced injuries and postural stress during those years, often resulting in repetitive **strain injuries**, **stiffness** and **degenerative changes**.

The onset of health issues such as high blood pressure,

digestive and circulatory disorders and arthritis have all begun to have a noticeable effect on the body's energy and ability to perform.

Many grandparents also help working parents by caring for their grandchildren, a pleasure for many but also a strain on the more mature body.

**Quality of life is especially important for this age group when there are increasing concerns about loss of independence and mobility.**

### Keeping healthy

Osteopathy can help greatly during this time. An osteopath will take a full case history so they can understand how the body has been affected so far. Then, after a full examination and assessment the osteopath will be able to offer treatment and advice to help improve mobility, circulation and immune function, and reduce joint stiffness so that the older person can enjoy a full and active life in retirement. **Specific joint arthritis may also be helped.**

The treatment is usually gentle and aims to maintain health and prevent further injury. Dietary advice and supplements may also be given to help maintain healthy bones and joints.

For help and advice please call our professional friendly staff, to see how we can help.

**BodyCare Clinic - your first step to  
pain free healthy living**

