

# Osteopathy For Neck & Back Pain

Bodycare Clinic

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



GOsC Registered Osteopaths  
Mr. S. R. Palmer DO & Associates  
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HORSHAM 'The Pavilions' 01403 242624  
CRAWLEY 'K2' 01293 533082

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



## Back & neck Pain



Trouble with your back or neck does not simply produce pain in those areas. Often it may cause symptoms in more remote areas such as the buttocks, groin, hips, high and legs (commonly called sciatica) and arms.

Problems in the spine and neck can also cause symptoms such as dizziness, headaches, clicking jaw, pins and needles and many more.

Indeed research has shown that problems related to the back may affect over 60% of the UK's population at some stage in their lives.

When young, the body can adapt easily to the stresses and strain it is put under, but may still need help when growing or injured, see our 'Osteopathy for Children' leaflet. As we

grows older (over 25 yrs!) we begins to lose some of the elasticity which gives us the flexibility to cope and adapt. In particular, this applies to the discs between the vertebrae and the joint cartilage. These require regular activity to ensure their optimum range of movement, thereby increasing local circulation and nutrition to the surrounding tissues.

Osteopaths are trained professionals who are skilled in diagnosing, treating and rehabilitating problems, including those which may require further investigation if necessary. Osteopaths have treated thousands of patients successfully over the past one hundred years and continued success is demonstrated by reliable and practical results. Osteopathy can help patients to restore function, rehabilitate injuries, rehabilitate the body after an operation or just treat the painful areas of the body. Muscles, ligaments, tendons and joints can all be helped.

### Back & Neck conditions that can be helped include:

- Arthritis
- Disc Injury 'Slipped disc'
- Facet joints.
- Fibrositis. (fibromyalgia)
- Ligament strain.
- Muscle Strain/spasm.
- Nerve pain, such as Sciatica - trapped nerves.
- Rehabilitation after any back or neck surgery
- Spondylosis
- Whip Lash

### Back problems:

- Leg length discrepancy
- Pelvic Torsion
- Lumbago
- Sacro-iliac strain.

### Neck pain:

- Clicking jaw
- TMJ pain (TMD)'Jaw pain'
- Discomfort in head or neck
- Disc Injury/Slipped Disc
- Headaches
- Sinus pain
- Shingles pain
- Tension headaches
- Trigeminal Neuralgia (Facial pain)
- Vertigo



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