



## Treatments & Prices

### Osteopathy

Ideal for treatment of pain, headaches, frozen shoulder, sports injuries, whiplash and many other ailments, osteopathy uses touch, physical manipulation, stretching, massage and western acupuncture to increase the mobility of joints, relieve muscle tension, enhance the blood and nerve supply to tissues and help your body's own healing mechanism. Advice on posture and exercise may also be given.

Initial consultation and treatment 1 hour	£55
30 minute session	£48

### Injury Rehabilitation

After a sports injury or post-surgery, rehabilitation includes specific strength and flexibility exercises, soft tissue manipulation, and a remedial exercise prescription to pain-free & fully functional. Additional treatments such as sports massage or myofascial release are also available.

Initial consultation and treatment 1 hour	£55
30 minute session	£48

### Gait Analysis

Gait analysis assesses the way we walk or run to highlight biomechanical abnormalities. It is used in sports to help athletes run more efficiently and to identify posture-related or movement-related problems in people with injuries. Treatments include a change in footwear, the use of orthotics (extra cost), treatment and/or an exercise programme.

Initial consultation and treatment 1 hour	£55
30 minute session	£48

### Craniosacral Therapy

Craniosacral therapy uses light touch to 'listen' to your body encouraging the body to listen to itself. The therapist senses tensions and helps to release them. Gentle and non-invasive, it is suitable for everyone from newborns to the elderly. This therapy supports your body's innate ability to balance, restore and heal itself, as well as helping to reduce stress and build your underlying energy. You will feel calm and energised, with increased clarity of mind and a feeling of well-being.

Initial consultation and treatment 1 hour	£55
30 minute session	£48

## Pregnancy and Baby

### Pregnancy Osteopathy

This osteopathic treatment will ease back pain and align the pelvis ready for birth. A great treatment that will give mum-to-be the confidence that her body is aligned properly and is ready for the rigours of labour and birth.

Initial consultation and treatment 1 hour	£55
30 minute session	£48

### Cranial Osteopathy

A healing treatment for babies, cranial osteopathy treats the nerves and muscles in the face that can often be affected during the stress placed on the skull during birth. With gentle palpitation, this nurturing therapy can help assist with baby's long term healthy living and ensure the cranial structures are progressing in a normal manner. An essential treatment for any baby with positive effects on sleep pattern, behaviour and feeding.

Initial consultation and treatment 1 hour	£55
30 minute session	£48



**Nature's Medicine**

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