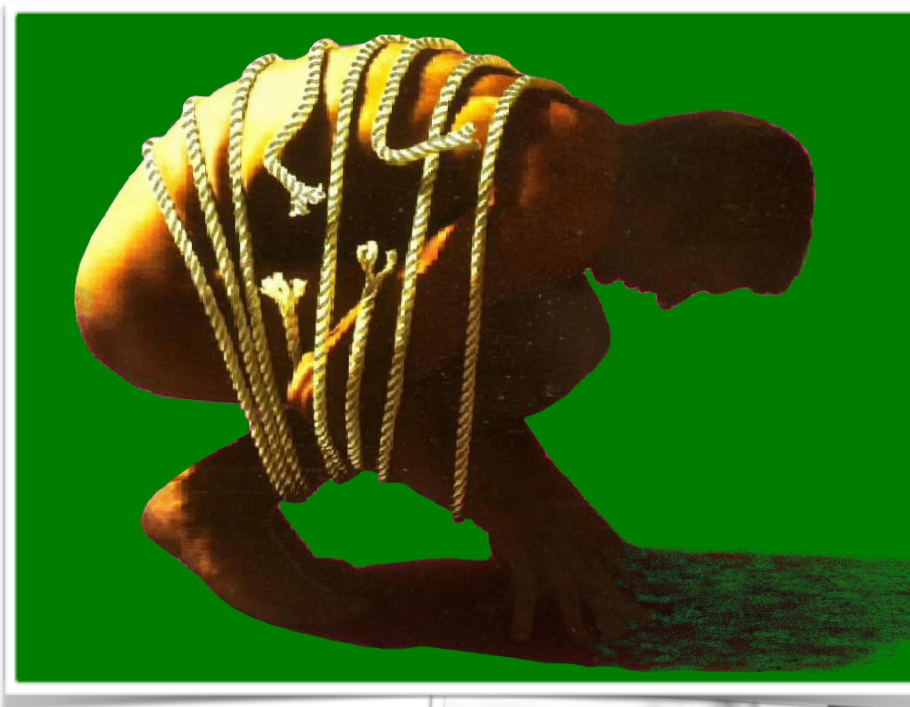


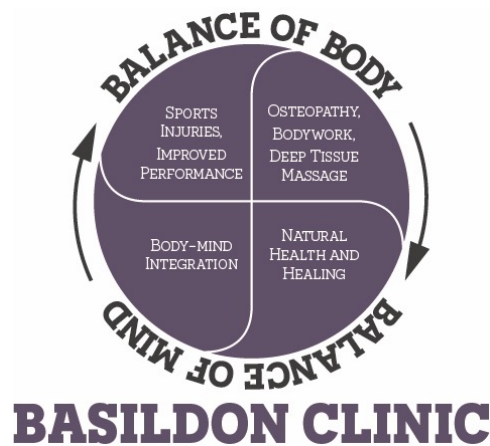
5 ways to quickly reduce Aches and pains

even back pain and sciatica!



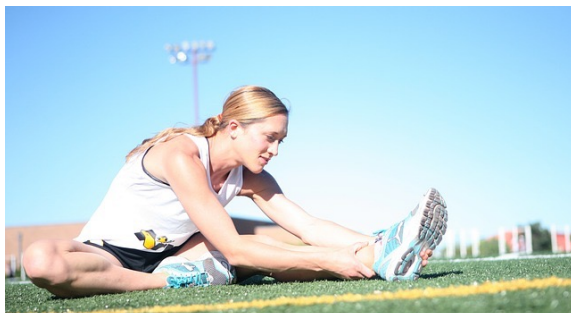
5 ways to quickly reduce Aches and pains

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Keep it moving

1/ Keep the parts that can move without pain active as much as you can. Arm exercises whilst sitting, flexing your ankles - keep what is still working in good order. That will help spread the load from those parts of your body that are inactive due to pain.



Top Tip:

Everyone is different - so before deciding on your stretching routine, you may like to get some advice from an osteopath who can design a programme that is right for you.

Stand right, sit right

2/ Learn about good posture - so much joint and back pain is caused by or influenced by sitting badly, lifting badly. Learn how to use your body correctly.



Top Tip:

If you are spending hours sitting at a desk or doing repetitive physical work, then you need be sure that you are using your body correctly. Guess who can help you?

(Yep - it's an osteopath!)

Stay off the drugs

3/ Don't rely on painkillers. They are not a long term solution on their own. In fact they may cause you to do further harm by not responding appropriately to your bodies signals.

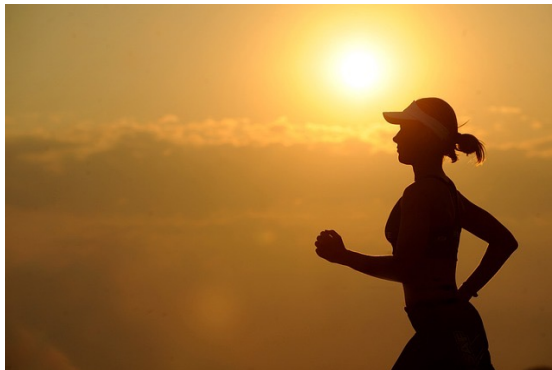


Top Tip:

There are many ways to reduce inflammation and pain that don't override your bodies warnings to rest. Relaxation techniques can also be effective - mind over matter. Graeme Stroud offers naturopathic solutions to pain relief as well as through osteopathy.

Don't give up!

4/ Don't give up just because one GP or physiotherapist has told you there is nothing more they can do. They do not have the range of skills and in depth knowledge of the body's mechanics that an osteopath is trained in.



Top Tip:

If you want an expert on the mechanics of how your body works and how to get it at peak performance using safe and non-invasive methods, then seeing an osteopath is going to be the most obvious solution.

Stay away from the knife

5/ Don't opt for surgery until you have **exhausted all other routes**. A good osteopath will recommend surgery if you need it. But often they can provide a non-invasive, non-surgical, safe alternative treatment that has no side effects or high risk.



Top Tip:

Non-invasive, non-surgical and safe? Well surely that's worth trying first?

It's not just top athletes that use osteopaths like Graeme Stroud....



"He has got magic hands. He is the best man in his job and I owe him a little bit of my silver medal."

World championship decathlon silver medallist, Dean Macey



"I regularly train over 100 miles a week and Graeme helps speed the recovery process."

London and Chicago marathon winner, Eamonn Martin

Graeme works with all kinds of people with all kinds of aches and pains and injuries. And he helps you to STAY free of pain:

"I go to Graeme as a preventative measure so that problems do not arise. It is like having a physical MOT. I have been going for 20 years."

(Robin Blackmore Colchester)

What is the purpose of my work?

Freeing people from pain - whether they're a top sports athlete or a busy working professional - and helping them achieve their maximum physical and psychological potential.



Graeme Stroud

Member of The Institute of Osteopathy
Member of The British Naturopathic Association



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