

THE LONDON SCHOOL OF OSTEOPATHY



# The London School of Osteopathy Clinic

Osteopathic treatment  
provided by students from the  
LSO under the supervision of  
our qualified clinic tutors.

**To book call:**  
**0208 983 7133**

Mayfield House  
202b Cambridge Heath  
Road  
London E2 9LJ

# VISITING AN OSTEOPATH

## When to seek treatment



The sooner you come with a problem, the more likely treatment will work quickly.

You do not need a referral from a GP to visit an Osteopath.

## What conditions can be treated

Osteopaths treat people not diseases. Most people seek osteopathic treatment when they have pain or stiffness. Common problems include:

Pain in areas such as back, neck, hips or shoulders including stiffness.

Workplace strains

Sports injuries

Backache experienced during pregnancy

Symptoms of chronic conditions, e.g., arthritis and many others



## Who can be treated

Anyone from babies through to the elderly can benefit from osteopathy. The treatment is non invasive and doesn't involve the use of drugs.

# AT THE OSTEOPATHY CLINIC



## Prior to treatment

The student osteopath will talk to you to discuss your symptoms. They will ask questions about your overall health. With your agreement they will then make a physical examination. At the LSO this assessment is carried out by a senior student.

## During treatment

Once the student osteopath has completed the physical examination they will discuss their findings with their clinical tutor. A course of treatment may be recommended.

Providing you are in agreement, a treatment protocol can then be implemented. Most of the treatment approaches are manual, hands-on approaches. The student will also offer guidance and advice.



## After treatment

Some people get immediate relief from their symptoms, for others it can take longer. It is possible that you might feel a little soreness after osteopathic treatment – this is fairly normal and usually self resolves within 24-48 hours.

**Don't let aches  
and pains get  
you down**

**#osteopathyforhealth**

CLINIC OPEN  
MON-FRI  
8.00AM - 8.00PM  
SAT  
9.00AM - 5.00PM  
SUN  
CLOSED

Call the clinic  
0208 983 7133  
to book your  
appointment