
TIPS AND ADVICE

Early treatment is best, don't ignore warning aches and pains

Regular maintenance treatments help many people enjoy a better quality of life

Healthy joints need movement; don't let them stiffen up

There are seven million osteopathic treatments given each year in the UK (Source: General Osteopathic Council website)

Osteopathy gives you the freedom to enjoy life

Have a look at my website and blog, they are full of information and your feedback is welcome:

Web: www.billferguson.co.uk

Blog: www.tenterdenosteopath.co.uk

Treatment Fees

First Appointment, allow up to 1 hr £75

Subsequent treatments £45



Bill Ferguson
REGISTERED OSTEOPATH

*Osteopathy
Cranial Osteopathy
Acupuncture
Sports Injuries*

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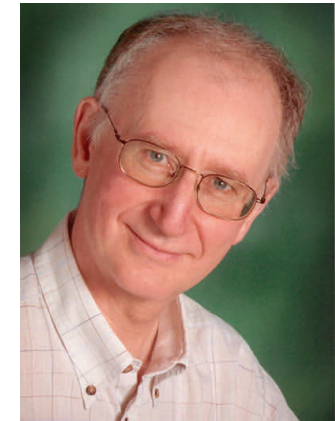
Registered OSTEOPATH

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Osteopathy frees
you to enjoy life

Osteopathy is a way of detecting and treating damage to your muscles, ligaments, nerves and joints. When your body is balanced and efficient, just like a well tuned engine, it will function with the minimum of wear and tear, leaving more energy for living.

Osteopathy

Treatment may include massage, rhythmic joint movements and other techniques to stretch, mobilise and ease painful, tight, aching muscles and joints.

Osteopathy is renowned for relieving low back pain but also beneficial for frozen shoulder, cricked neck, headaches, trapped nerves and whiplash.

Cranial Osteopathy

For all ages and particularly suitable for babies, elderly patients and acutely painful conditions. The treatment of choice for babies and children, and during pregnancy for treating mum's backache and other postural strains. The gradual, quiet nature of this style of osteopathy suits anyone who prefers a calm and gentle treatment.

Acupuncture

Fine sterile needles are inserted through the skin and left in position briefly. The number of needles varies but may be only two or three. Treatment might be once or twice a week to begin with, then at longer intervals as the condition responds. A typical course of treatment lasts 5-8 sessions.

Conditions that respond well to acupuncture include back, shoulder, neck and leg pain, frozen shoulder and tennis elbow, headaches and migraines, trapped nerves, chronic muscle strains, joint sprains and various kinds of arthritic and rheumatic pains, functional bowel problems such as IBS, allergies such as hay fever and allergic rhinitis, sinus problems and chronic catarrh.

Electro Acupuncture

Small clips connect pairs of needles to a device that generates small electrical pulses. The high frequency gives a tingling, squeezing sensation and the low frequency feels like light tapping. The feeling is not unpleasant, some patients even fall asleep during treatment. Knees, backs and shoulders respond particularly well to electro acupuncture.

Ultrasound

A well known modality used to treat small contracted or fibrous areas of soft tissue. Painless and very effective.

Modulated Electrotherapy

Used for easing painful or sprained joints, especially good for shoulder, ankle and knee sprains and strains.

First Appointment

Your first appointment will be longer than subsequent visits. During the first appointment, time will be spent discussing your symptoms, medical history and finding out about you. This may be followed by muscle and joint testing, and/or postural assessment.

Many painful conditions have a postural origin and simply observing how you stand and move is very relevant to how you can be helped.

The next stage is to bring all the information together and discuss with you what the examination has revealed, suggest reasons for the symptoms and then decide on the best treatment approach.

For postural assessment you will be asked to remove outer layers of clothing. During treatment you will be covered by towels. If you are having Cranial Osteopathic treatment you will not normally be asked to remove clothing (except shoes).

Professional Qualifications

BSc Honours Degree in Pure Chemistry
MSc Masters Degree in Animal Nutrition
Diploma in Osteopathy
Member of the British Medical Acupuncture Society
Member of the British Osteopathic Association
Member of the Sutherland Cranial Osteopathy Society
Advanced Level, Upladder trained Craniosacral Therapist
Registered with the General Osteopathic Council