

Treatment at the How Clinic

The How Clinic offers the following osteopathic treatments

- Traditional Osteopathy
- Cranial Osteopathy
- Electrotherapy
- Vibrotherapy
- Sports Remedial Massage

The How Clinics ongoing commitment to the latest osteopathic techniques ensures that it remains at the forefront of current osteopathic practice while maintaining the gentle, safe and patient-centred approach to diagnosis and treatment which makes osteopathy suitable for a wide range of ages and conditions.

Treatment at the How Clinic is tailored to the individual and, where necessary, uses a combination of osteopathic techniques. This unique approach is designed to alleviate symptoms rapidly and can often significantly reduce the number of treatment sessions required.

This leaflet gives a brief overview of the treatments available at the How Clinic. For further information please visit our website at www.howclinic.com or contact the clinic on 0131 551 1044.



About the How Clinic

Helen How is an Osteopath with over ten years experience in treating patients. A graduate of the European School of Osteopathy and a registered member of the General Osteopathic Council, Helen is also qualified to administer Cranial Osteopathy and Sports Remedial Massage.

Contact the How Clinic

The How Clinic is open Monday to Friday between the hours of 9am and 4pm.

Consultations are by appointment only. Should you require an appointment outside of these hours please contact us to arrange.

Telephone: +44 (0) 131 551 1044

Email: info@howclinic.com

For further information please visit our website at www.howclinic.com

To read what our patients have to say about the How Osteopathic Clinic visit <http://www.edinburghonline.co.uk/allreviews/6107/>



How Osteopathic Clinic



What is Osteopathy?



Osteopathy is a system of diagnosis and treatment of the damaged areas of the body.

It emphasises the role of the musculoskeletal system

(muscles, joints, nerves and ligaments) in maintaining the well-being of the individual.

Osteopathic treatment uses gentle manipulative techniques to correct and realign the body and stimulate its own healing processes.

Treatment is non-invasive, drug free and suitable for all ages and conditions.

How can Osteopathy help me?

Although Osteopathic treatment is most commonly associated with the treatment of back pain and is particularly effective in treating sports and work related injuries, it is also used to treat a wide range of other disorders

At the How Clinic, each patient is viewed as an individual and factors such as medical history and lifestyle are taken into account when diagnosing the cause of a problem.

Advice on exercises designed to prevent the problem from recurring may also be given and, where necessary, the How Clinic is also able to work in conjunction with your GP or hospital in establishing a suitable treatment plan



Traditional Osteopathy

Traditional osteopathy uses gentle manipulation (palpation) to diagnose and treat damaged areas of the body. Treatment usually takes the form of gentle massage techniques to stretch joints and release muscle tensions.

Conditions which respond well to traditional osteopathy include; low back and neck pain, joint pain, rheumatic pain, sports and work related injury, arthritic pain and joint stiffness.

Cranial Osteopathy



Cranial osteopathy is a highly specialised form of treatment. Practitioners use gentle movement to realign the musculoskeletal structure of the head and neck.

Because cranial osteopathy is extremely gentle it is effective for all ages, including babies.

Commonly treated symptoms which benefit from cranial osteopathy include: neck pain, headaches, migraines and sinus problems, recurrent infections, stress related problems, period pain and digestive difficulties.

Electrotherapy

Electrotherapy is a safe and gentle treatment which uses a low frequency electrical impulse to stimulate the nerves and tissue, reducing inflammation, increasing blood circulation and relieving pain in the affected areas.

Electrotherapy is particularly successful in the treatment of sprains and spasms, tendonitis, frozen shoulder, arthritic pain and repetitive strain injury.



Sports Remedial Massage



Sports Remedial Massage uses a combination of massage, soft tissue manipulation and traditional osteopathic techniques to treat injury and to aid the body's rehabilitation after injury has occurred.

By working deep into the muscle fibres, the osteopath is able to treat pain and accumulated tension. restore mobility, realign the body's structure and improving joint flexibility and mechanical limitations.

Commonly treated sports injuries which respond well to Sports Remedial Massage include: lower back pain (with or without sciatica), muscle and ligament injuries, knee, shoulder and wrist injuries (such as tennis and golfers elbow), tendonitis and tenosynovitis

Vibrotherapy



Mechanical massage using a fleximatic machine is particularly effective in treating deep muscle spasms and soft tissue injuries, improving circulation and relieving tension.

Gentle and safe, a combination of vertical and horizontal forces enable deep tissue manipulation and trigger point therapy which often drastically reduces the number of treatments required. In addition to rapid recovery times, patients have reported a greater sense of relaxation and well being after treatment.

Commonly treated symptoms which may benefit from this treatment include: soft tissue injuries, deep muscle spasms, reduction of oedema, haematomas and lymphatic drainage.