



Frequently asked questions

+ What should I wear to my osteopathic appointment?

Wearing something comfortable and loose is ideal and will make our job that much easier

+ What should I bring with me?

Please bring any current or relevant X-rays, scans or medical reports that you may have. A list of medications and a water bottle

+ Do I need a referral to see an osteopath?

No, the great thing is you can self-refer for any of the treatments we offer at WeaverHouse

Osteopathic appointments are in high demand so, as a courtesy to your osteopath & others, please provide at least 24 hour's notice if you are unable to attend your consultation.

Cancellation fees apply for short notice cancellations or non-attendance. (50% of total consultation fee).

01270 629933

SPRING INTO ACTION

Well, it seems like only yesterday that we were writing the last newsletter and here we are saying a very BIG hello to Spring. Longer days and warmer weather are on the way. We're continuing to be very busy within the practice and since the last newsletter we have also been providing corporate osteopathic back and health assessment checks and made a very successful open day visit to AO to attend to their employees.

Please give us a call if you would like to discuss corporate health options.



At WeaverHouse, we love people exercising and living an active lifestyle. However, we do also recognise that this can come with the occasional aches, pains and setbacks. Our osteopaths are experienced with **joint and muscular pains**, and **sporting injuries**. Many also competed in an array of sports themselves. We are committed to not only decreasing pain but also to prevent recurrence and increase performance.

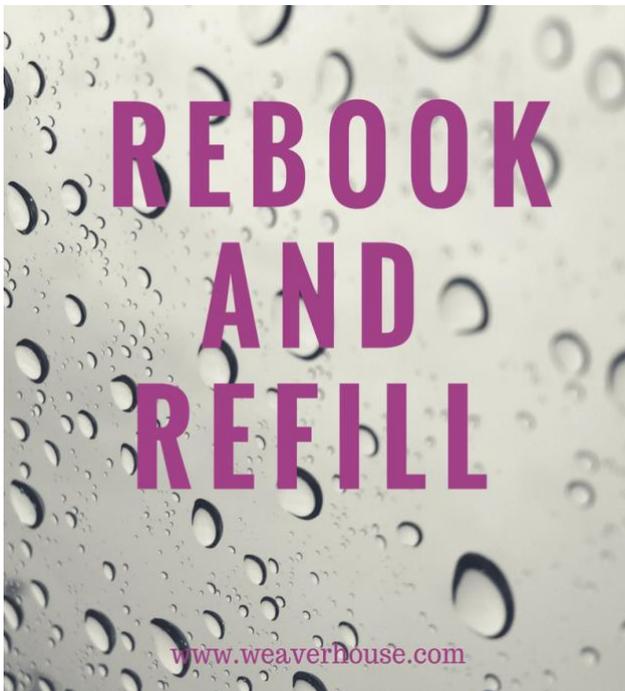
Did you know that four in five people in the UK experience back pain at some point in their lives?



Osteopathic practice is a safe and effective form of prevention, diagnosis and treatment of a wide range of health problems, including back pain.

Visit an osteopath today so they can help you back to health.





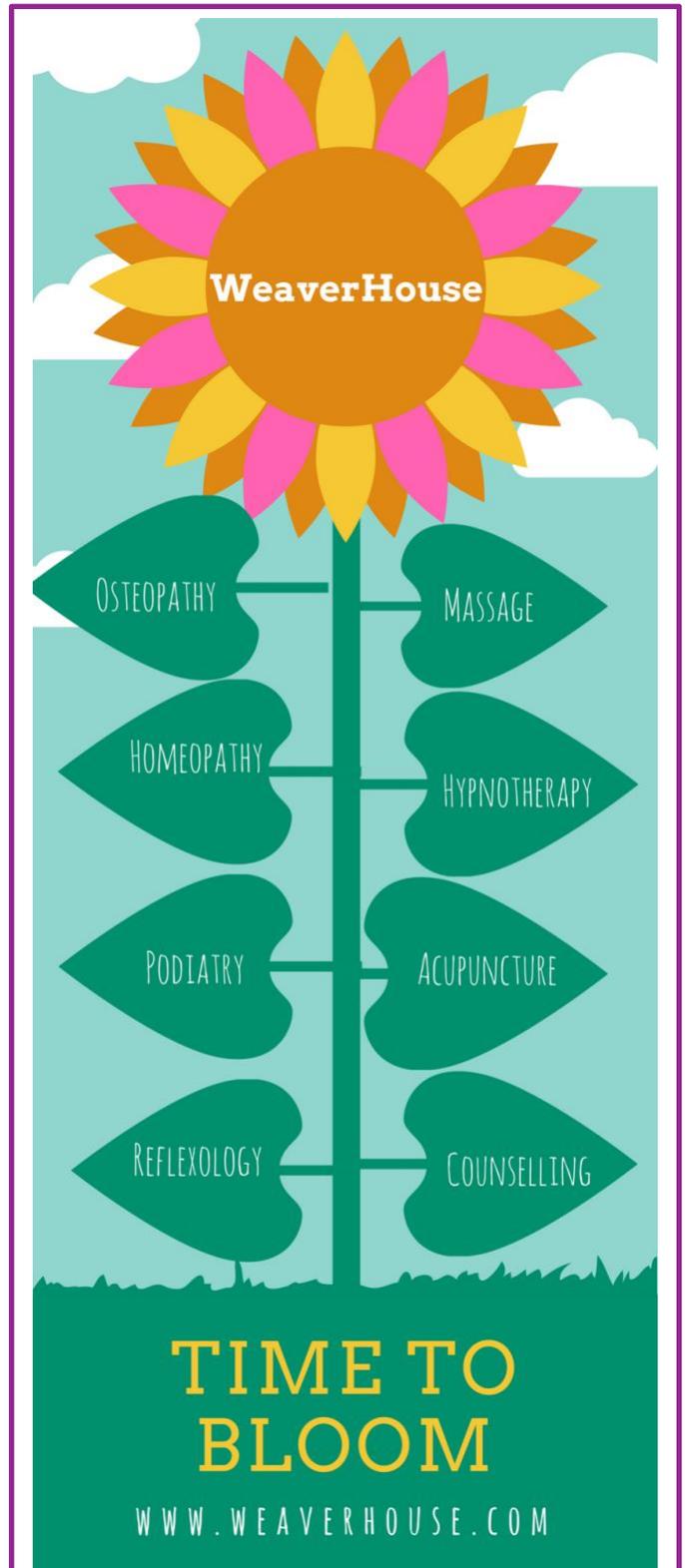
It is important to **drink plenty of water** after an Osteopathic treatment, (more than usual, even if you are a good water drinker), ensuring that you are adequately hydrated.

Your body is about 55-60% water, your brain about 85% water. If you are dehydrated your muscles will tend to be achier. Also remember that caffeine and alcohol are dehydrating to the body. **We have a water machine in reception so why not bring your water bottle with you and then when you rebook you can also refill**

Osteopathy for Children



Our practitioners are trained to take a clear and thorough history and assess your child to identify if there are any musculoskeletal stress or strains on the body that could be contributing to your child's current symptoms. We are happy to work alongside your GP and will refer on to them if it is relevant for your child to undergo further investigations. To find out if Osteopathy could help your child give us call and book in for a **FREE 15 min** Child Osteopathic back and health assessment check



It's time to shake off the Winter blues and say hi to Spring!

We have a wide range of treatments available that will soon have you in full bloom again.

Give us a call to find out more and if you're new to the practice we'll even give you a **FREE 15 min** Osteopathic back and health assessment check

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