

Fees:

Initial Consultation (45mins - 1 hour) **£50.00**

Subsequent Treatments (20-30 mins) **£40.00**

Cancellations:

We require at least 24 hours notice of a cancellation. Any appointment missed without the necessary notice will incur a charge of **£20.00**.

We do not invoice insurance companies.

A receipt will be issued at each appointment to allow you to claim back your treatment fees.

Discount Cards

Discount Cards provide an economical answer for those needing long-term or multiple treatments. These can be shared between family and friends and can be redeemed if treatment is no longer needed.

Pay £200 for 5 treatments and get one free. Saving £40

Pay £360 for 9 treatments and get 3 free. Saving £120

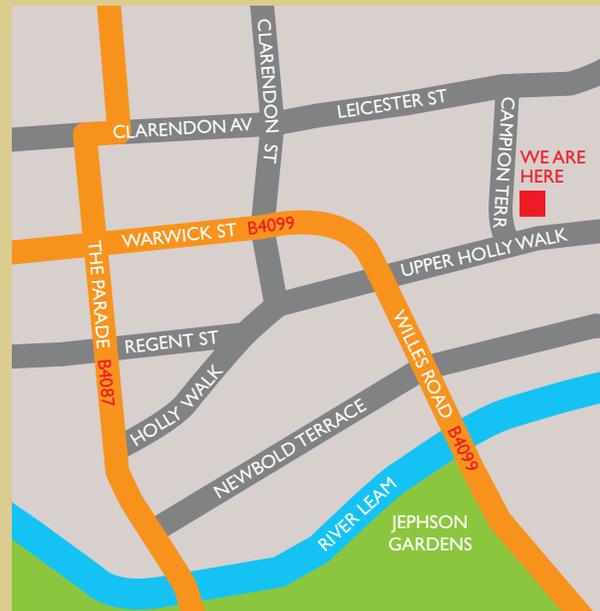
These cards can be shared between family and friends.

Recommendation Cards

Recommend a friend with one of our recommendation cards and, if they bring it with them to their first appointment, they will get £10 off their first consultation fee and you will get £10 off your next treatment fee.



Jane O'Connor
ADO DO



Jane O'Connor & Associates OSTEOPATHS

The Osteopathic Practice
47 Champion Terrace Leamington Spa
T: 01926 335932
www.leamington-osteopath.co.uk

This leaflet contains some useful advice and tips for back pain sufferers



Back Pain

Practicing for 30 Years - Members: General Osteopathic Council

Jane O'Connor & Associates
OSTEOPATHS
You could be pain free

Keep Mobile

Unless your back is acutely painful, try to keep mobile. It is much easier to get back to work if you haven't been completely bedridden for weeks.

Little-and-often rests (preferably lying down) interspersed with gentle walking or, if possible, swimming is a good combination for encouraging speedy recovery.

Depending on your level of pain, walk around the bedroom, up and down the garden, or around the block. Try to do this 2 or 3 times a day, building up gradually.

If you are unsure, please speak to your Osteopath.

Painkillers

Painkillers and anti-inflammatories can reduce pain and stiffness, helping you to sleep better and keep mobile.

Patients often worry that tablets will mask pain and allow further injury. This is not the case. The spine will let you know very quickly if you are overdoing it.

By encouraging gentle movement, you will help the muscles and joints to return to healthy, normal function.

If you have asthma or stomach problems, you may need to check with your GP or pharmacist before taking anti-inflammatories

Keep Active

It is much harder to return to full mobility and strength if you have been inactive for a long period. If you garden or play a particular sport only in the summer months, try to find some activity to keep you fit in the winter months too.

Exercise **at least** twice or 3 times a week. It doesn't have to be the same sport each time: It could be made up of a variety of sports or classes, if that makes it more fun.

Be Prepared

You should not attempt any heavy physical activity with which you are not familiar.

Try to get fit **before** a weekend's gardening, laying a patio, decorating, or even spring-cleaning.

If you have a sedentary job, **any** unfamiliar physical activity can cause an injury.

We treat more minor injuries caused by D.I.Y. or gardening than by sport.

Break the work up with regular changes of posture and rests. It will still get done in the end, but without the backache!

If you have back problems, consider paying for professional help with decorating or gardening.

Ice Packs

These can be made from the following:

- Crushed ice in a plastic bag or hot water bottle.
- A packet of frozen peas wrapped in a pillowcase.
- A flannel drenched in iced water, then wrung out
- Soft Gel Ice Packs (£5.00) available from the Practice

Ice will reduce swelling and inflammation, which will ease the pain. Ice packs should be applied 'little and often' (that is to say, for about ten minutes every 1 - 2 hours) to have the optimum effect.

Make sure you put a thin cloth between your skin and the ice pack.

If you find anti-inflammatories help the pain, then use ice, not heat, over the painful area.

The Back Relaxer

Lie on the floor with a small pillow under your head; bend your knees so that your feet are flat on the floor. Feet slightly apart and knees together, as shown here.



Lie like this for about fifteen to twenty minutes. This allows the muscles to rest and will ease low back and neck pain.

The Duvet Trick

More back aches are caused by beds that are too hard than by beds that are too soft.

As the spine gets stiffer with age or, if spinal muscles are in spasm, the mattress needs to be soft enough to mould to the contours of the body, giving it better support.

Take a spare duvet or eiderdown and fold it in half (or into thirds) lengthways. Put this on the mattress so that it runs from the top to the bottom of the bed, and then place a sheet over it to keep it in position.

This creates a soft layer that moulds itself to the shape of your spine, offering extra support. It is particularly helpful if you weigh less than ten stone, or sleep on a firm bed.

If you find this helps, foam "Mattress Toppers" are available through the Practice (£60-80 depending on the size of the bed)

Mouse Shoulder

Using a computer every day can cause neck and shoulder pain due to constant use of the mouse: 'Mouse Shoulder'.

If the pain is on the same side as your mouse, try moving the mouse to the opposite hand. This can immediately reduce the strain on the irritated muscles. Once injured, muscles only need 30-45 minutes a day of mouse use to irritate them

Use a Marble Mouse/Trackball Mouse or become 'Ambimoustrous'.

If you would like further information and self-help advice, a leaflet 'Mouse Shoulder' is available from the practice.

[For more advice and information, please contact the practice on 01926 335932](#)