

# OSTEOPATHY

## THE CEDARS OSTEOPATHIC AND NATURAL HEALTH PRACTICE



**48 High Street  
Caterham  
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**[www.back2health.biz](http://www.back2health.biz)**

**Debit & Credit Cards Accepted**

## PRACTITIONER'S

**Ian Wilkes** DO Dip.Neuro.Sci.

**Lucy Moore** BOst

**Katy Lovell** DO M.Ost

## OSTEOPATHY

Monday 9.00am-6.30pm

Tuesday 9.00am-7.00pm

Wednesday 9.00am-7.00pm

Thursday 9.00am-7.00pm

Friday 9.00am-9.00pm

Saturday 9.00am -1.00pm

## PRIVATE HEALTHCARE

The costs for your osteopathic treatment may be met by your Private Health Insurance provider.

For details contact the practice or your own insurance provider.

**BUPA**

**AXA PPP**

**HSA**

**AVIVA**

**SIMPLY HEALTH**

**and more.....**

## WE ALSO OFFER

### **ACUPUNCTURE**

Monday 2.00pm-6.30pm

Wednesday 12.00pm -8.00pm

### **PHYSIOTHERAPY**

Wednesday 9am – 1pm

Saturday 2pm – 6.30pm

### **SPORTS/REMEDIAL MASSAGE**

Monday 2.00pm –6.30pm

Tuesday 2.30pm – 6.00pm

Friday 10.00am - 9.00pm

Saturday 8.30am – 6.30pm

### **CHIROPODY/PODIATRY**

Monday 10.00am -2.00pm

### **HOMEOPATHY**

Tuesday 9.00am - 1.00pm

### **REFLEXOLOGY**

By Appointment



## YOUR CONSULTATION

Your consultation will involve your Osteopath taking a detailed case history from you.

This will include information about your current problem and your past history.

A complete examination will follow the case history and will often incorporate orthodox medical examination procedures, such as blood pressure testing, in addition to an osteopathic examination.

After formulating a diagnosis, your Osteopath will begin a course of treatment which may include home treatment and exercises etc.

## OSTEOPATHY

The Cedars Osteopathic Practice was established in 1997. Since then it has grown to encompass not only Osteopathy but other forms of natural health care.

Our aim is to provide an honest and professional service to meet all of your family's health care needs.

### **Our Osteopathic Services Include:**

STRUCTURAL OSTEOPATHY  
CRANIAL OSTEOPATHY  
OSTEOPATHY FOR CHILDREN  
MATERNITY CLINIC  
SPORTS INJURIES

Osteopathy can often be used to alleviate a range of health related problems.

## OSTEOPATHY CAN HELP THE FOLLOWING MEDICAL CONDITIONS

Osteoarthritis  
Fibromyalgia  
Sciatica  
Trapped Nerves  
Whiplash  
Headache  
Migraine Prevention  
Joint Pain  
Tennis/Golfers Elbow  
Frozen Shoulder  
Symptoms of Arthritis  
Muscle Pain  
Sports Injuries  
Circulatory Problems  
Digestion Problems  
Inability to relax

***For more information ask to speak to one of our fully qualified & specialised practitioners***