



Acupuncture



The Cedars Practice
Osteopathic & Complementary Therapies



- Osteopathy
- Acupuncture
- Physiotherapy
- Sports Massage
- Remedial Massage
- Podiatry Services
- Homeopathy
- Reflexology

For further information or
to book an appointment

Tel: 01883 344301

Email: osteopath@back2health.biz

48 High Street, Caterham, Surrey CR3 5UB

www.back2health.biz

Opening Times

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

ACUPUNCTURE

Monday 2.00pm-6.30pm
 Wednesday 12.00pm-8.00pm

PHYSIOTHERAPY

Wednesday 9am-1.00pm
 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

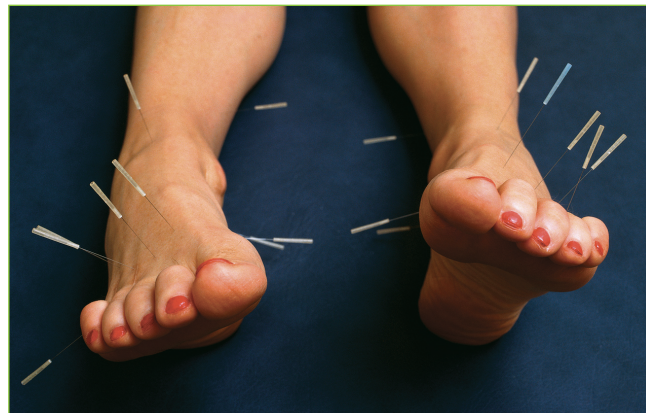
PODIATRY SERVICES

Monday 10.00am-2.00pm

HOMEOPATHY

Tuesday 9.00am-1.00pm

Debit and Credit Cards accepted



Our Practitioners:

Our Practitioners are fully qualified and registered members of the British Acupuncture Association

Private Health

The cost for your acupuncture may be met by your private health insurer.

For details contact the practice or your own insurance provider.





What is Acupuncture?

Acupuncture has been successfully used to alleviate a range of medically related conditions for the past two thousand years.

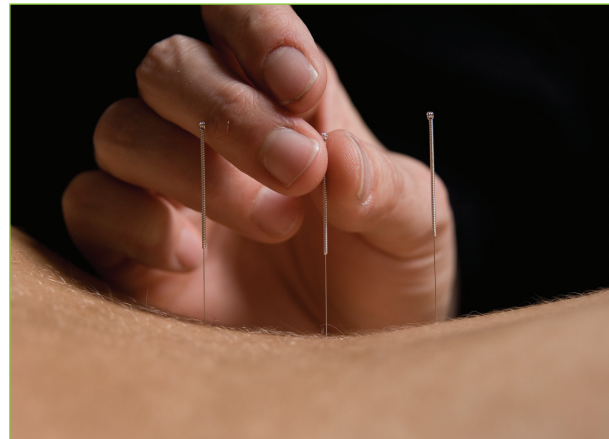
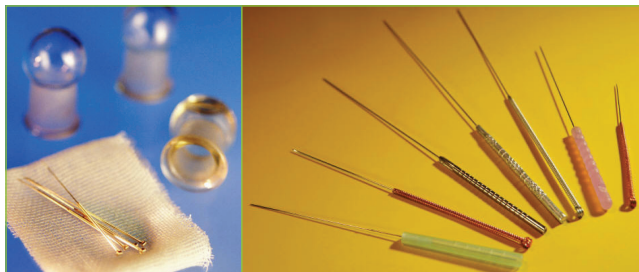
In the UK acupuncture has rapidly gained popularity in the treatment of joint pain, arthritis and management of some painful conditions.

Speak to our fully qualified practitioner for further details.

Traditional Acupuncture

Traditional acupuncture uses small needles and may include the use of herbal medicines, massage, pressure point therapy and heat therapy to improve your condition. This common form of acupuncture is widely used in the West to treat and manage a range of conditions and is helpful as a preventative measure for seasonal problems.

Speak to our fully qualified practitioner for further details.



What can I expect on my first consultation?

During your first visit your acupuncturist needs to gain a thorough understanding of your main complaint and your general health and lifestyle. This involves asking questions about your current symptoms and your medical history, as well as such things as your sleeping pattern, your appetite and digestion, and your emotional wellbeing.

Preparing for your first session with the acupuncturist

Many commonly used acupuncture points are located in the lower limbs and legs, therefore it is helpful to wear clothing that allows access to these areas. Try not to go to the treatment on an empty stomach or after a heavy meal.

Let your practitioner know if you are completely new to acupuncture so they can take extra time to explain what happens and ensure you are comfortable with the process.

Did you know?

Children can also benefit from treatment with mild non-invasive techniques.

Please speak to our fully qualified practitioner for a full description of the various health related benefits of acupuncture.



Some commonly treated conditions include:

- Nausea and vomiting
- Tension type headaches & migraine relief
- Low back pain
- Osteoarthritis
- Knee pain

Acupuncture is recommended by the National Institute for Health & Clinical Excellence (NICE) and used in the NHS for the management of a range of conditions. Please see the NHS Choices website for more information:

www.nhs.uk/conditions/acupuncture