Our Osteopathic Services:

- Structural Osteopathy
- Cranial Osteopathy
- Osteopathy for Children
- Maternity Clinic
- Sports Injuries

Osteopathy can often be used to alleviate a range of health related problems such as:

- 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

Private Health Care

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.

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-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

PODIATRY SERVICES

- Monday 10.00am-2.00pm

HOMEOPATHY

- Tuesday 9.00am-1.00pm

Debit and Credit Cards accepted

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
About Osteopathy

Dealing with persistent pains can be a daily challenge. You can be held back from performing simple tasks because your back twinges, or your neck hurts, or you can no longer enjoy your favourite sport because the pain has become too much.

While mostly associated with lower back and neck pain, osteopathy can actually be used successfully to treat many other conditions involving joint pains and stiffness, as well as trapped nerves and arthritis.

Whether the pain is in your neck, back, elbows, wrists, knees, hips or ankles you’ll find a course of osteopathic treatment will make a real difference.

Gentle manipulation of muscles and joints, along with stretches and massage, increases the blood and nerve supply to tissues. This restores functionality and balance between the skeleton, muscles, joints, connective tissues and encourages natural healing.