

## 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.



and many more...

## 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



# Osteopathy



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](mailto:osteopath@back2health.biz)

48 High Street, Caterham, Surrey CR3 5UB

[www.back2health.biz](http://www.back2health.biz)

## About Us

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

With many years experience in sports, rehabilitation, maternity and paediatric care, the Cedars specialises in treatments that take a holistic approach in encouraging the body's natural healing response.

Practitioners work alongside one another, consulting with your GP, specialist medical consultants and other health professionals to offer an independent diagnosis, enabling them to achieve the best results for complex conditions to improve your physical and/or emotional well-being.

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



## 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.

## 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 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 exercises and treatments to do at home.

