

# fulham osteopaths

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769 Fulham Road  
Fulham  
London SW6 5HA

reception for appointments  
020 7384 1851

visit our website for more information at  
[www.fulhamosteopaths.co.uk](http://www.fulhamosteopaths.co.uk)  
[info@fulhamosteopaths.co.uk](mailto:info@fulhamosteopaths.co.uk)

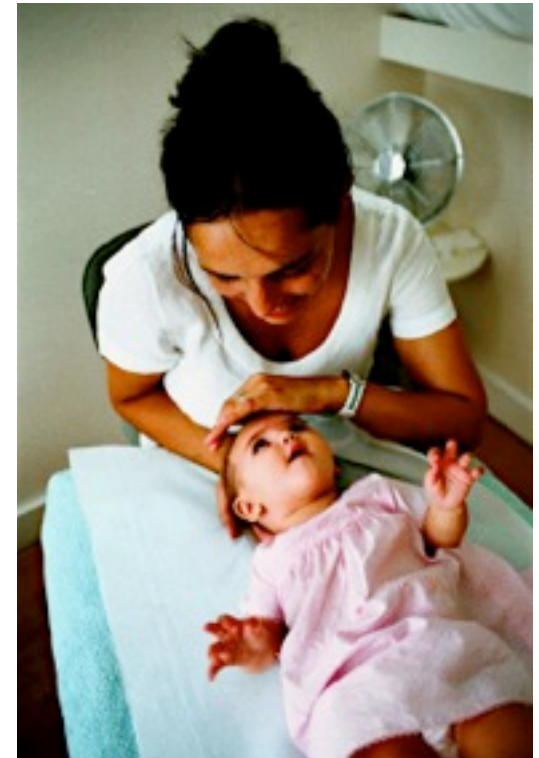
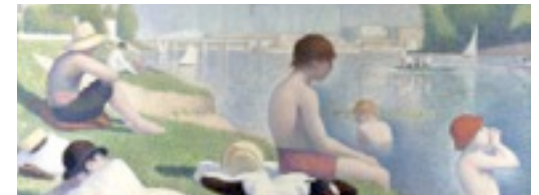
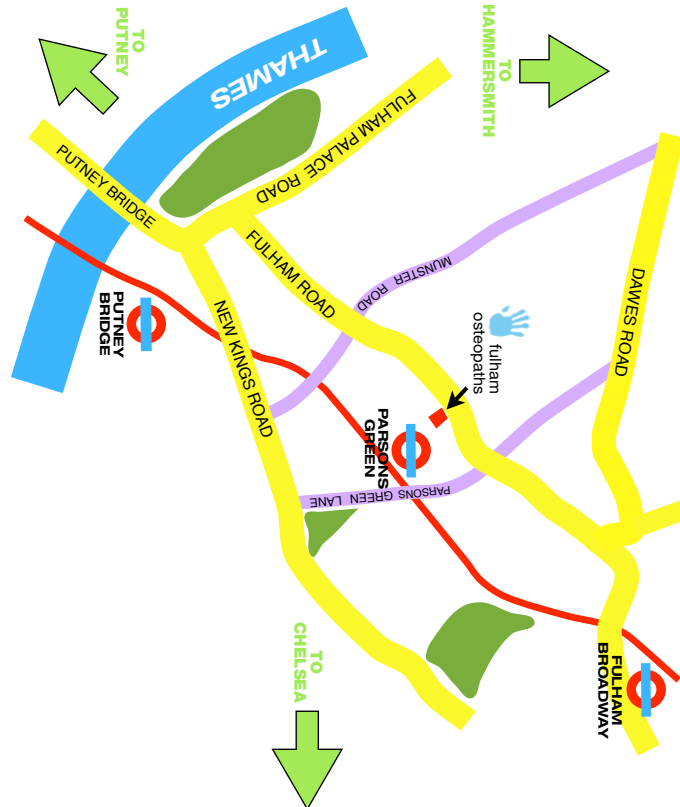


fulham osteopaths is a custom  
designed alternative therapies  
practice on fulham road.

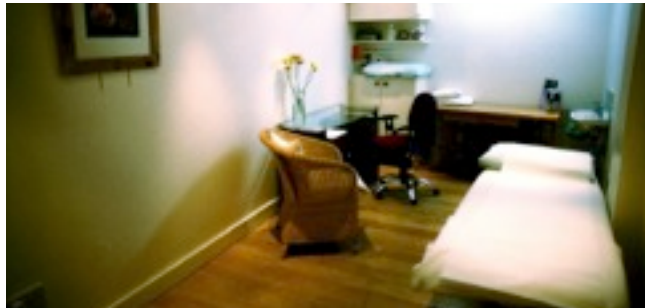
For more information on how we  
may be able to help you, call our  
helpful and knowledgeable  
reception team on

020 7384 1851

or do visit our website  
[www.fulhamosteopaths.co.uk](http://www.fulhamosteopaths.co.uk)



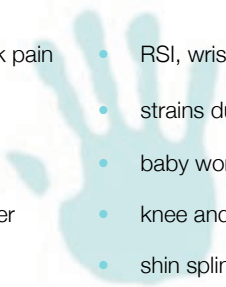
**FULHAM OSTEOPATHS** is one of the UK's premier osteopathy and natural therapy clinics. Founded in Fulham in 1989, we now have a dedicated, purpose built practice, with a wide range of therapies available. We also have a walk in Osteopathy service, with twelve osteopaths and six alternative therapists working with us. We see all types of people, treating everything from life's aches, pains and strains, to more complex chronic health issues for which we offer an alternative, natural approach. All of our very experienced practitioners are fully accredited and insured.



### IS IT FOR ME?

Osteopathy works on your body's powers of self healing and repair. This means that it is very good for all injuries, aches pains and strains. We also see many people for a regular physical MOT, to keep things in tip top condition. Lots of conditions can respond very well to treatment, including;

- back and neck pain
- face pain
- jaw pain
- frozen shoulder
- headaches
- RSI, wrist and hand pain
- strains during pregnancy
- baby won't sleep...
- knee and patellar trouble
- shin splints
- achilles tendonitis



### SAFE AND NATURAL

Free from drug side effects and proven over time, natural therapy does not try to fight disease or injury. A therapist's job is to try and restore health by encouraging your own healing powers and vitality.

### EFFECTIVE

Our Holistic approach will try to address the causes of your problem, to ensure we get to the root of the issue. We take a detailed case history to identify areas such as stress or posture at work, diet or exercise, which may be contributing. Our success rates across a wide range of conditions is good, and we will always discuss our diagnosis with you, what treatment we think you need and the plan we propose. Many people, when they find out how effective and powerful natural therapy can be, choose us for their everyday healthcare. We will of course always work with your other medical professionals, and will say when we think you need to see a specialist or your GP.

### PRACTITIONERS YOU CAN TRUST

Fulham Osteopaths prides itself on the quality of the therapists working with us. All practitioners have undergone full accredited training courses, and we have a rigorous selection procedure to ensure standards and safety. Many of our practitioners have been helping people become healthy naturally for more than fifteen years.

### CARE FOR FAMILIES AND INDIVIDUALS

We see a lot of mothers and babies, as well as teenagers, sports injuries, and chronic issues that just won't go away. Try us, you might be surprised what we can really help with!

### VALUE FOR MONEY

Our treatments aim not only to relieve your symptoms, but actually to address the cause of the problem. We will not suggest treatment if it is unlikely to help, and always work with you when discussing how many treatments you might need and how often. We look carefully at your problem;

- How did it come to be this way?
- How can we set it on the road to self repair?
- How can we keep it that way?

An Osteopath is trained for many years to examine with their hands for twists and strains in the body, sometimes very subtle ones. Using a range of safe and tested techniques, the Osteopath frees the movement of the body, allowing good circulation in the tissues, and free working of the nerves from the spine that control the systems of the body. In this way we may help with more than just injuries and strains. Feeling better physically often gives your body the rest and ease it needs to combat life's problems.

### WHAT HAPPENS?

The first consultation is for up to one hour to enable a full case history to be taken, then a thorough postural and movement evaluation and, if appropriate, treatment. Follow up treatments are for approximately half an hour, but may take less or more depending on your needs. Treatment is usually gentle and people typically find it relaxing. There is no need to worry about rough or strong treatment - we will always discuss what needs to be done and why, and the quickest and best way forward. We employ techniques which vary from firm to very gentle cranial osteopathy, according to the case.

### WHAT DO I HAVE TO DO?

If you are interested in finding out whether we can help you, the first thing is to give us a ring or simply pop in to the practice. We can either book an assessment for you, or you can speak to an Osteopath to see whether treatment will help. We will discuss everything with you, as treatment is a partnership between you and your practitioner.

