

# OSTEOPATHY AT THE WINDSOR CLUB

## Did you know that The Windsor Club has its own Osteopaths?



Many members are unaware that there is an Osteopathy Clinic located upstairs within the club. So no further travel is needed if you wanted an appointment while you are using the club. This includes evening appointments if that is more convenient.

**What is Osteopathy?** As well as assessing and preventing the potential risk of injury and mechanical problems, Osteopathy is a way of detecting and treating damaged parts of the body. This includes muscles, ligaments, nerves and joints. When the body is balanced and efficient, just like a well-tuned engine, it will function with the minimum of wear and tear, leaving more energy for living.

As an established recognised system of diagnosis and treatment, it lays its main emphasis on the structural integrity of the body. Structure and function are considered to be interdependent. For example, if you have a bad back, this may result in other strains to your body if not treated. In this way, a normally functioning musculoskeletal system plays an important role in optimum health, well-being, disease prevention, and recovery.

Remember, prevention is better than cure! Many patients wait until they are in pain, it is better to seek early intervention. We do not question regular check up for our teeth and our eyes. Why should we treat our back any differently?

**FURTHER INFORMATION:** contact details for the Osteopaths and leaflets can be obtained via reception. Also, look out for information on notice boards. Better still, make an appointment to see the Osteopath! (Osteopathy is a recognised therapy by all major Healthcare Insurance companies. Please contact your Healthcare provider pre-appointment).