

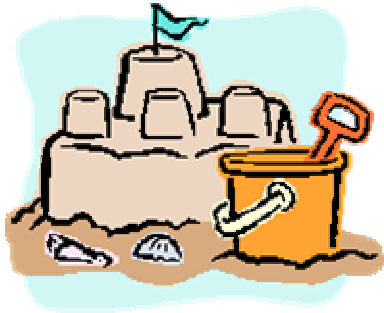
KINGSTON & TEDDINGTON OSTEOPATHY

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SUMMER NEWSLETTER



Welcome to the summer newsletter from Kingston & Teddington Osteopathy!

Hopefully, we're all going to have a nice summer and be able to get outdoors for a change.

CLINIC OPENING HOURS

Please note a slight change to opening hours:
Monday to Friday 8.00am to 6.30pm.

I now have Hilary Callaghan working at the practice on Wednesday afternoons. She will be there 2.00pm – 6.30pm and will be able to see you all whilst I battle the paper work. She qualified in 2005 at the London School of Osteopathy and has been working full time at various practices in Kent and Surrey. The telephone number during Wednesdays remains the same.

To book an appointment telephone 07957 348 513



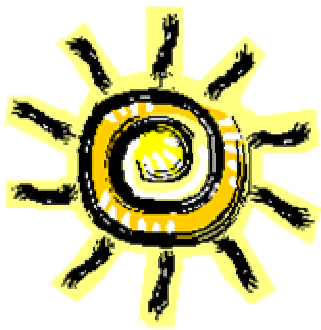
Summer Thoughts on Osteopathy

Kingston & Teddington Osteopathy has a firm belief in a holistic approach to treatment and that osteopathy is

not just for those of us with back pain. The youngest person I've treated was 3 days old and the oldest was nearly 100 – osteopathy is a way to maximise your body's potential and be as fit and healthy as you can.

There is a great saying in Osteopathy – 'USE IT OR LOSE IT'. That means that we really need to make the most of our bodies and be as active as possible.

With summer here we should all be able to eat well and get out there and enjoy ourselves. Maybe you can achieve a goal to get fitter and healthier and thereby happier.



CARRAGH'S TOP TIPS

If you're planning to go on holiday, get married or just want to get out and exercise more then there are ways to begin exercising after a long winter stuck indoors.....



Swimming is a great way to begin to get fit. Begin with 10-20 minutes and build up the lengths gradually. Backstroke

is great for those of us with bad backs or sedentary jobs as it strengthens the low back and keeps the upper body mobile. Breast stroke really should be

done with the head going under the water... those of you determined not to get your hair wet and keeping your head above water, risk damaging your neck.

For those of you who want to be even more active then there are lots of great summer activities such as cycling, running, tennis, golf etc to do.... In an ideal world stretching after each activity would be great and stop further damage to the body.



After tennis, golf, cycling or gardening stretching out the low back is very helpful. Lie on the floor and clasp your hands around your knees. Then gently pull your knees towards your chest until you feel a mild stretching in your low back. Count to 30 to give the stretch long enough to work. Relax and repeat 3 times. Obviously, should this cause any pain then stop doing immediately..... The secret of this stretch is to do it slowly and gently.

The Personal Training Centre

I also work as the consulting osteopath at The Personal Training Centre based at 6 Victoria Road, Teddington. They provide an excellent service with personal training at the highest level. Before you train you have a fitness assessment, a dietician assessment and finally a postural assessment with stretch exercises done by yours truly. David Butler who runs the centre has agreed for all people who have received this email to have a free trial session. Telephone David on 0208 943 5353 and have a look at their website www.londonfitness.co.uk

For a postural assessment and a stretch exercise designed for you personally then I am offering a discount postural assessment and stretch plan. Just call direct on 07957 348 513 and quote Newsletter Postural Assessment and we will book you in.

Nutrition

Glucosamine is getting increasingly positive publicity for people with osteoarthritis aches and pains. In the early stages of osteoarthritis, or general wear and tear, repair mechanisms for cartilage cells are very active and it would appear that glucosamine may help this process.

You can get 10% off glucosamine at the nutricentre by calling my practitioner order line. Telephone 0207 637 8436 and quote ZZCEM001.

Biocare Glucosamine Hydrochloride Code No: BC52790

Also recommended is:

Biocare Mega EPA 1000mg fish oil Code No: BC29360 for all your omega needs

Hopefully, you have enjoyed this newsletter and found it useful... Should you wish to make a comment please email me on carragh@osteopathuk.co.uk . Similarly, if you wish NOT to receive any further newsletters please email me.

Take care and remember to look after yourself

Carragh.

For further information on Osteopathy contact Carragh via email on carragh@osteopathuk.co.uk or call direct on 07957 348 513. Also have a look at her great website www.osteopathuk.co.uk and please do forward this site to any friends who may be interested in osteopathy.