

What is Cranial Osteopathy?

Cranial Osteopathy is a particularly subtle and gentle form of treatment focusing on the 'release' of stress and strains from all parts of the body. It is used to treat a variety of conditions notably those caused by the build up of tension within the body, especially after child birth. Cranial Osteopathy can be used on adults, but is particularly successful in the treatment of babies with the following conditions, colic, trapped wind, sleep disturbance, inconsolable crying, mis-shaped skulls, ear infections, difficulty suckling.

Cranial Osteopathy is gentle, safe and effective for babies and children. Very specific, skilled light pressure is applied to assist the natural ability of the body to release strains. Even a normal birth can be stressful as the baby is squeezed through the birth canal. Some babies have a more difficult time, particularly if the labour is prolonged, the baby is positioned awkwardly in the birth canal or secondary intervention is used to assist the birthing process, such as Ventouse, Forceps, Episiotomy.

Benefits of Cranial Osteopathy

There are many benefits of this type of treatment, just a few of which can include:

- Relieves stress and strains from the skull.
- Improves skull shape.
- Allows for good development of the brain.
- Relaxes the baby.
- Improves suckling efficiency.
- Removes trapped wind.
- Reduces and prevents colic.
- Improves the digestive system.
- Helps the development of nervous system.
- Improves sleeping pattern.

Our practitioner



Martin Sheerin, qualified from the British School of Osteopathy with a first class honours and is an award winning Osteopath from his school.

A talented professional, he has also undertaken further extensive studies and holds a BSc (Hons) Degree in Fitness and Health. He is therefore able to offer his patients the best in osteopathic care and management with appropriate post treatment rehab exercises.

Martin treats patients of all ages, from as young as 1 week old to the elderly, with a variety of conditions. Cranial Osteopathy is particularly successful in the treatment of babies and young children. He also uses structural manipulative techniques (adults only) to improve joint mobility in the treatment of back pain.

Martin is also a qualified Medical Acupuncturist and uses this combined with Osteopathy for effective treatment of a broad spectrum of musculoskeletal conditions, i.e., tennis elbow, tendonitis, sciatica, slipped disc, achilles tendonitis, muscle strains, whiplash. He is with our practice on **Tuesdays** and **Thursdays**, with other appointments being available at his nearby Balham practice, which we co-ordinate with.

Cranial Osteopathy may help with:

Sleep Disturbance

The baby sleeps for only short periods and may sleep little in the day and night. They wake up to the slightest noise. The tension on the bony and membranous casing of the skull keeps the baby's nervous system in a persistently alert state, so they awaken regularly.

Sickness, Colic, Wind, Reflux

Regurgitation of milk between feeds, bouts of prolonged crying due to colic and wind, normally in the evening. The nerve supply to the stomach may be irritated as it exits the skull, impairing digestion. The diaphragm may be stressed or distorted which further comprises the digestive system. Stress from a rapid or slow birth can leave the digestive system in a state of tension, trapping wind and slowing transit. Any strain through the umbilical cord, for example around the baby's neck, can leave strains in the abdomen.

Crying, Screaming, Irritability

The baby may be experiencing discomfort, with a feeling of pressure in the head. This may be made worse by the added pressure on the head when laying the baby down, generally due to compression strain from the birthing process.

Ear Infections

Recurrent ear infections become more frequent, this may lead to glue ear and temporary loss of hearing. Retained birth compression impedes fluid drainage with blockage of the Eustachian tube. This inhibits hearing and slows development of hearing, learning, speech and communication.

Feeding Difficulties

One feed may merge into the next. The baby becomes a windy feeder, The nerves to the face muscles and tongue may be irritated as they exit the skull, which makes suckling and swallowing difficult, this is usually the result of a birth strain.

Your first appointment & treatment

Many midwives, health visitors and consultants recommend Cranial Osteopathy.

The first consultation will consist of:

- A discussion of your pregnancy
- A discussion of your birthing process
- Understanding your baby concerns
- Examination of your baby
- Explanation of the diagnosis & prognosis
- An explanation of the treatment approach
- Commencement of the treatment

How many treatments will I need?

The amount of treatment required will depend upon your baby's symptoms, as some problems require more treatment than others. Your Osteopath will estimate the amount of treatment required once he has reached a diagnosis. Sometimes a course of treatments may be recommended and sometimes only a few treatments are necessary. This largely depends upon how your baby responds and how happy you are with the progress that is made.

Winding Tips for Mum's

If your baby is suckling happily, do not stop them feeding to wind. Instead wind during a natural break, such as changing from one breast to the other, or when they let go of the bottle teat. Place baby on your shoulder with their bottom supported by your arm on that side, as they are stretched out and upright it is often the easiest position to wind. With the other hand you may rub or gently pat their back. Sit your baby on your lap and support under their chin with your palm, lean them forward and upright, gently rub or pat their back to release wind.

Practice Information

- Rail: Streatham Hill BR
4 min walk
- Streatham Station BR
12 min walk
- Bus: 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside
- Car: Un-metered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road
- Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



Leigham Practice

8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

Tel: (020) 8769 7409

www.leighampractice.com

Other services available include:
Chiropractic / Podiatry, Physiotherapy, Acupuncture,
Homeopathy, Massage Therapies
and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your consideration to our staff and services.



Cranial Osteopathy (for babies)



With

Martin Sheerin

Member of the
General Osteopathic Council
&
British Osteopathic
Association

Appointments
(020) 8769 7409