

At the Leigham Practice we know that the quality of our treatments are directly related to the quality of our therapists. This leaflet is designed not only to give you an insight into the benefits of osteopathy but, importantly, about the practitioner who provides your treatment.

Our Practitioner



Martin Sheerin qualified from the British School of Osteopathy with a first class honours degree in Osteopathy also winning awards from his school. Martin has come to the Leigham Practice

highly recommended and compliments our team of practitioners. Martin is a talented professional and has also undertaken further extensive studies and holds a BSc Honours Degree in Fitness and Health. He is therefore able to offer his patients the best in osteopathic care and management with appropriate post treatment rehabilitative exercises.



Martin has gained membership to the General Osteopathic Council and the British Osteopathic Association and treats patients of all ages, from as young as 3-weeks old to the very elderly, with a wide variety of conditions. He also practices Cranial Osteopathy, which he finds particularly successful in the treatment of babies and young children. He also uses structural manipulative techniques to improve joint flexibility in the treatment of back pain. He is also a qualified Medical Acupuncturist and can use these techniques combined with osteopathy for effective treatment of a broad spectrum of common musculo-skeletal conditions.

Martin prides himself on having a friendly, caring, and approachable manner and also on offering his patients excellence in effective Osteopathic health care and exercise prescription. This enables his patients to return to their normal function quickly and then return only for maintenance as required. Martin is with us on **Tuesdays** and **Thursdays**, although we can arrange other times at his nearby Balham Practice to suit.

Osteopathy and Cranial Osteopathy

Osteopathy is a recognised system of diagnosis, treatment and management of the human body and uses many of the diagnostic procedures involved in conventional medical assessment and diagnosis. Its main strength lies in the unique way the patient is assessed holistically from a mechanical, functional and postural standpoint. Osteopathy uses a wide variety of techniques such as deep tissue massage, muscle energy techniques, cranial osteopathy and joint mobilisation and manipulation to improve the functioning of the human body damaged by disease or injury.

Cranial Osteopathy is a subtle form of treatment using gentle palpation to encourage release of stress throughout the body. We have a **separate leaflet**, but in summary it is particularly effective in the treatment of babies and children with problems such as colic, sleep disturbance, inconsolable babies, trapped wind and glue ear, although adults can also find this a gentle approach to relieve their pain.

Types of problems

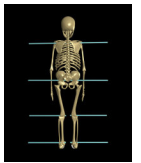
Pregnancy aches & pains: The types of problems osteopathy treats can start before we are born. Osteopathy looks at the postural changes that happen during pregnancy - the largest postural change a

woman is likely to go through. Aside from postural problems, osteopathy can help reduce heartburn, indigestion, constipation and leg pain associated with pregnancy.

Children: Osteopaths can help babies with wind or colic, or who cry or are irritable when lying down. They also help children with asthma, musculo-skeletal problems and children with learning difficulties, poor concentration or behaviour problems.

Sports / occupational injuries: Muscle and ligament injuries, and problems involving the leg, spine and arms where postural problems or mechanical limitations may be related. A wide range of problems related to occupation or the work place such as repetitive strains and injuries can be helped, as can problems associated with driving, sleeping or other posture related concerns.

Spine/Back: Osteopaths are well known for their treatment of spine/back and postural problems including sacroiliac problems and whiplash injuries, reducing pain, restoring mobility and improving quality of life.



Conditions Treated

- Back Pain
- Joint and muscular strains
- Postural problems
- Work related strains
- Repetitive strain injuries
- Sports injuries
- Frozen Shoulder
- Sacroiliac Problems
- Pre & Post pregnancy aches and pains
- Slipped Disc
- Sciatica
- Trapped Nerves
- Whiplash
- Tennis Elbow
- Tendonitis
- Headaches
- Ligament injuries

Benefits of Osteopathy

Osteopathy may provide:

- Pain relief
- Adaptation to stress
- Reduced inflammation
- Rehabilitation after surgery
- Prevents muscle fibrosis
- Prevention of further injury
- Improved movement and flexibility
- Improved tissue quality through lymphatic and venous drainage
- Enhances your well-being and health
- Improves spinal and postural alignment
- Reduces reoccurring health problems

Your treatment

The first time you visit the osteopath you will be asked about your problem and general medical history. You will have a postural and physical examination to determine the nature of your problem so a diagnosis can be determined and treatment prescribed.

The number of treatments you may require can vary from one or two, to a short course for more complex problems. Many people choose to attend for regular maintenance periodically, as an 'MOT' for the body, particularly if the problem is work or sports related to prevent recurrence and maintain their health.

You can discuss your particular problems or requirements with your osteopath who can tailor your treatment to suit your needs. We look forward to being of help to you in future.

Practice Information

Rail: Streatham Hill BR
4 min walk

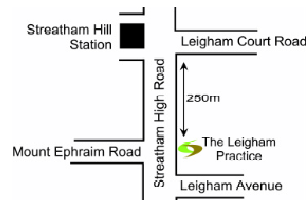
Streatham Station BR
12 min walk

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

Limited Parking (20min) directly
outside between 10am-4pm

Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

Tel: (020) 8769 7409

www.leighampractice.com

Other services available include:
Chiroprody / 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.



Osteopathy



With

Martin Sheerin

Member of the
General Osteopathic Council
&
British Osteopathic
Association

Appointments

(020) 8769 7409