

At the Leigham Practice we have assembled a team of talented therapists under one roof to provide treatment for a wide range of problems.

Individually, each of them brings a unique range of skills and experience to the practice.

As a team, they work to ensure that our patients consistently receive high quality care and maximum benefit.

We hope you take time to look through each of our services. You may not need most of them now, but if you need help in the future we hope you will consider placing your trust in our staff and our practice.

We have individual leaflets on our staff and services, both in our practice and online, or you can simply call us if you'd like further information or to make an appointment to help with any problem.

Chiropody / Podiatry



At the Leigham Practice we have a team who are capable of treating a wide variety of problems with the foot, ankle, knees, hip and back.

From simple foot care and basic 'medical pedicures' for hard skin and nail problems, our team can also deal with complex problems and conditions. For example:

- Child development checks
- Corn and verruca removal
- Medical Pedicures
- Gait analysis
- Sports injuries of the foot and ankle
- Biomechanical Examinations
- Prescription orthotics (therapeutic insoles)
- Foot care for people with medical problems such as diabetes, rheumatological and arthritic conditions
- Correction of ingrown and other nail problems
- Advice on prevention and treatment
- Discuss surgical solutions to foot problems and refer where necessary

Within our practice we have three podiatrists capable of treating almost foot problems. Where support is required, for example complex children's problems and biomechanical problems we have a specialist in these areas. Where patients wish to discuss the benefits of surgery for their problem, or indeed ways to avoid the need for surgery, our team can discuss all aspects of treatment before and after surgery. Where patients wish to specifically see a podiatric surgeon we can refer for a consultation.

Working together as a team we provide a one-stop shop for foot and ankle problems. Whether the problem is simple, mild or complex you will find your feet safe in our hands.

Physiotherapy

Our team of experienced physiotherapists have wide range of skills and experiences. All our team hold senior NHS grades. They are recognised by all major insurers, as is our practice, which is also insurance accredited.

Our team of physiotherapists are more than capable of covering the wide spectrum of musculo-skeletal problems which includes:

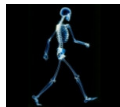
- Back pain and postural problems
- Sprains and Strains
- Sports related injuries
- Tendonitis and RSI
- Work related problems
- Post operative recovery
- Acute and chronic joint pain

Our physiotherapists have also undergone further training to incorporate techniques such as acupuncture and pilates into their treatments which can help a wide range of problems and reduce the need for drugs and painkillers, as well as perform occupational assessments if required.

We believe our range of talents and skills means our patients are treated not only more efficiently but also more effectively. Put simply we aim to get people better, quicker.

Osteopathy

At the Leigham Practice Martin Sheerin is our Osteopathic Consultant who treats a wide variety of common problems that may be related to posture, mobility, injury, occupation, sport or lifestyle. Osteopathy uses many of the diagnostic procedures involved in conventional medical assessment and diagnosis. It's main strength lies in the unique way the patient is assessed holistically from a mechanical, functional and postural standpoint.



Treatment is aimed at improving mobility and/or reducing inflammation by using gentle manual osteopathic techniques on joints, muscles and ligaments.

Martin also has an honours degree in Health and Fitness and is able to offer help, advice, treatment, recovery and aftercare for a wide variety of sports related problems and other simple and complex musculo-skeletal conditions.

. He is an experienced specialist in his own right, but centred within a team of talented physiotherapists and podiatrists, they are able to work together with an appreciation of each other's skills to maximise benefit and provide an effective service to our patients.

Using an integrated approach to health, he offers a holistic treatment for musculo-skeletal problems and tackles the root cause of pain and symptoms, not just treats the symptoms themselves.

Acupuncture

Acupuncture is a form of traditional Chinese medicine dating back over thousands of years and is based upon a holistic approach to health. Acupuncture is often thought of as likely to be painful by those who have not experienced it, however this not the case. Treatment is often described as a tingling or dull ache and it offers safe and effective treatment for a wide variety of conditions, some of which include:



- Anxiety, depression, migraine, headaches
- Back pain, sciatica, indeterminate aches and pains
- Circulatory problems, leg ulcers, slow healing
- Menstrual problems, female health conditions
- Overcoming addiction, alcohol, food, smoking, drugs
- Rheumatic and arthritic/joint conditions
- Psoriasis, eczema and other skin conditions
- Asthma, diabetes and other chronic conditions

Acupuncture is also proven to be safe and effective in pregnancy management, and for pain relief in childbirth. Our acupuncturists also have a special interest in fertility for men and women, supporting IVF and other embryo transfer.

The benefits from acupuncture often go far beyond treatment of a specific problem, and include increased energy levels, better appetite and sleep, and an enhanced overall feeling of well-being.

Our experienced acupuncture practitioners, Lora and Susana are Member of the British Acupuncture Council and are also qualified in other forms of holistic therapies allowing them to provide a wider range of health treatments simply not found elsewhere to the benefit of their patients.

Massage Therapies

We are fortunate in having experienced therapists with excellent backgrounds and reputations to provide the perfect massage on different days and times to suit. Michelle and Grace offer relaxing massages based upon the Swedish style that can be tailored to your individual preferences. If a deep, strong massage is required (recommended for men, those in training, or those who simply prefer a firmer massage) then this can also be delivered to suit. Holistic massages can be enjoyed six days a week and also include the following types of specialist therapies.

Reflexology



First practiced by the ancient civilizations of India, China and Egypt, modern reflexology uses pressure applied on specific parts of the feet and hands to help relieve symptoms on a distant part of the body. 'Reflex' areas on the hands and feet are said to be

linked to the organs and the other areas of the body and by applying gentle pressure to the feet at certain points, Tensions and stress can be eased and health promoted. Reflexology can also be used as a wonderful way to simply calm and relax.

Aromatherapy



The use of flowers and herbs to promote health has been with us since early civilisation. Essential oils are inhaled or absorbed through the skin to influence and promote our health and are extracted from exotic plants and flowers. These can be mixed to a personal blend according to your own particular needs or preferences. You can then discuss the type of massage you prefer with our experienced professionals and then relax into the experience surrounded by scent and fragrance. Since oils are inhaled or absorbed we only use 100% certified organic essential oils obtained through ethical sources to ensure a purity of experience rarely found elsewhere.

Indian Head Massage

Indian head massage is based on the ayurvedic system of healing which has been practiced in India for over a thousand years. It is used as an everyday form of healing which relaxes the head, neck and face to reduce the effects of stress and tension.

Benefits of massage

In a world when we are surrounded by stress and rarely take time for ourselves, all holistic massages can be used to help a wide variety of problems and conditions, including:

- Stress, lethargy, insomnia, anxiety, depression
- Headaches, sinus problems
- PMS, menopausal problems
- Muscular aches, sports and exercise
- Digestive problems, Detox
- Pregnancy and post-natally

Lifestyle Treatments



More recently Michelle, one of our holistic massage therapists, has begun to offer a range of beauty and grooming treatments. She offers manicures, pedicures and waxing for men and women.

Like all our therapies, we have a range of leaflets available both in our practice and online, or simply call for further information.

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 stop directly outside at
'Mount Ephraim Road' request stop

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



Leigham Practice

8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

Tel: (020) 8769 7409

www.leighampractice.com

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.



Leigham Practice
Restoring Balance

Mind, Body & Sole



Indian Head
Massage

Aromatherapy



Physiotherapy
Osteopathy

Acupuncture



Reflexology

Chiropody/Podiatry



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