

SPORT INJURY TREATMENT



Whatever your level of participation in your chosen sport, we can provide treatment, at the Buxton Osteopathy Clinic or at your home or club. Whether you've sustained a specific injury or just find that shaking off the aches and pains takes longer than it used to, we can help.

HOME VISITS



The Buxton Osteopathy Clinic is open Monday to Friday from 9.00am to 6.30pm and Saturday 9.00am to 3.30pm. We can also arrange visits at your home, workplace or anywhere else to suit your requirements, including appointments for evenings and weekends.

COSTS



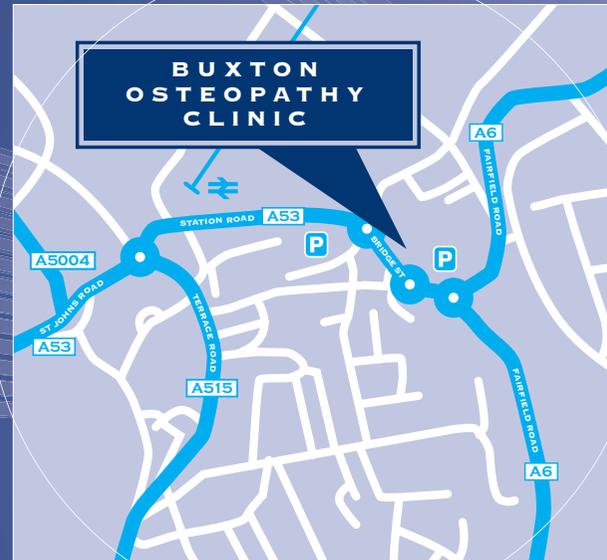
Initial consultation and treatment (approx. 45mins) and subsequent treatments (approx. 30-45 mins) are offered at £35 per session. We are registered with most major insurance companies including HSA, Westfield and AXA PPP.

You don't have to consult your doctor before seeing an osteopath and we'll be happy to discuss any problem with you without obligation.

**WHATEVER THE PROBLEM,
IT CAN'T HURT TO TALK ABOUT
WAYS TO RELIEVE THE PAIN.**



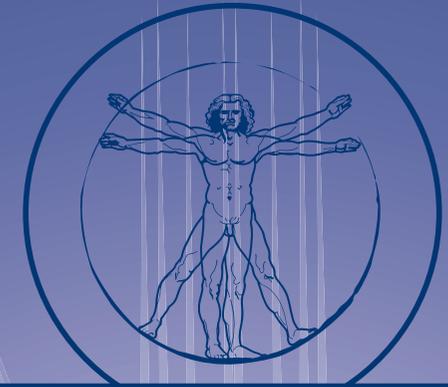
**PHIL HELER & ASSOCIATES,
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**BUXTON
OSTEOPATHY
CLINIC**





PHIL HELER IS REGISTERED AS AN OSTEOPATH WITH THE GENERAL OSTEOPATHIC COUNCIL AND HAS PRACTISED IN SHEFFIELD FOR SEVERAL YEARS AT ONE OF THE REGION'S BIGGEST AND OLDEST OSTEOPATHIC PRACTICES. HAVING ALSO PRACTISED IN BUXTON SINCE 2006, AND AFTER MOVING TO A PEAK DISTRICT VILLAGE, HE ESTABLISHED THE BUXTON OSTEOPATHY CLINIC IN DECEMBER 2008.

NATURAL PAIN RELIEF THROUGH OSTEOPATHY



With over seven million patients receiving treatment in Britain every year, osteopathy is widely recognised as an effective and natural way to provide pain relief. In many cases the discomfort caused by musculoskeletal problems can be greatly improved through a specific treatment regime tailor-made to suit your complaint.

DO OSTEOPATHS ONLY SPECIALISE IN SPINAL PAIN?

Lower back pain is something that most people suffer from at some time or another, usually as a result of spinal disturbances such as postural strain, joint degeneration or disc injuries. While osteopaths are often regarded as specialists for 'bad backs', and this is certainly true, it's only part of the story. In actual fact, osteopaths are extensively trained and fully qualified to help with a wide range of musculoskeletal related conditions, from head to foot and in people of all ages - even babies. Osteopathy can also prove successful in treating Chronic Fatigue Syndrome (ME), using the increasingly recognised Perrin Technique.

THE CONDITIONS WE CAN HELP YOU WITH INCLUDE:

- Headaches and migraines
- Neck pain and whiplash
- Frozen or stiff shoulders
- Tennis elbow • Repetitive strain injuries
- Slipped discs • Trapped nerves
- Hip, thigh or knee problems
- Postural changes during pregnancy
- Infant colic or sleep disturbances
- Chronic Fatigue Syndrome (ME)
- Arthritis • Sinusitis

REMEDYING THOSE ACHES AND PAINS WHICH WILL NOT GO AWAY

Many people suffer from problems such as arthritis as they grow older and although with conditions such as this a complete cure is not possible, osteopathy can make a huge difference and greatly enhance quality of life. Osteopathic care ensures that you understand your condition and are aware of any factors that may serve to aggravate it. With careful management and the appropriate osteopathic treatment, living with long-term problems doesn't have to mean suffering constant pain.

REPETITIVE STRAIN INJURIES



Whether your work entails heavy lifting, long periods of sustained posture such as driving or sitting at a desk, or repeatedly performing the same actions, the outcome is fatigue and ultimately discomfort in muscles and joints. Not forgetting that housework and looking after children can be just as wearing. Whatever your occupation, we will help alleviate the fatiguing and painful effects on your body.