



OM | OSTEOPATHY.

www.omosteopathy.co.uk

What is Osteopathy?

Osteopathy is a form of musculoskeletal therapy that treats joints, ligaments and muscles to help restore movement, improve posture and relieve pain. Osteopaths are primarily concerned with restoring joint motion, but treatment is holistic, meaning to 'consider the whole', and sessions can include advice regarding lifestyle and exercise.

"When the body is balanced and efficient, just like a well tuned engine, it will function with the minimum of wear and tear, leaving more energy for living"

- General Osteopathic Council



Treatment frequently includes soft tissue massage, joint manipulation and acupuncture. Osteopaths specialise in back pain, neck pain, headaches and migraine, but osteopathic treatment has been shown to help the majority of problems related to muscles, joints and nerves. There is now growing evidence of Osteopathic treatment helping a range of conditions including arthritis, asthma, chronic obstructive pulmonary disease (COPD), fibromyalgia, depression, stress and fatigue.

All Osteopaths are registered and regulated by the General osteopathic Council.

At Original Movement we specialise in integrating treatment with corrective exercise. We use state of the art 'Functional Training' to improve posture, flexibility, strength and stability.



Sessions take place in the Original Movement training studio, equipped with the latest training tools, including the TRX suspension trainer, ViPr, and 'Power Plate' vibration machines. The combination of manual therapy and exercise makes Original Movement ideal for anyone suffering from sports injury or anyone interested in overcoming injury and improving sport performance.

Learn to move in a way that not only prevents injury but also improves performance.

Personal Training is also available at Original Movement, ideal for anyone looking to lose weight and develop health and fitness who has concerns regarding a complicated medical history or complex background of pain and injury.

A friendly, professional and safe environment to overcome pain, recover from injury restore movement and develop performance.

The next step...

Osteopathy is a form of musculoskeletal therapy. If you feel Original Movement could help you, booking a session is simple. Just call the studio on 01158 084 620 or direct to the Principle Osteopath James Crossley on 07778 726092.

We are based in Block 4 of the Rivercrescent Apartments in Colwick, Nottingham with easy access and parking.



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