



Spring News 2016



www.weaverhouse.com

01270 629933



	6			2
2				5
			4	
		1		
	4			3
1				6

****FREE BACK CHECK **FREE BACK CHECK****

Due to the massive success of our Free Back Check campaign, we have decided to make this a permanent offer for new and existing clients, their friends, and family. We have specially printed gift cards available that entitle you to offer anyone you know, a completely free back check with no obligation. The check lasts for 15 minutes, and a case history will be taken. If you would like to take advantage of this offer, please ask your Osteopath for a gift card. You can also ask one of our reception team.

Hi Everyone.

Well, with the clocks about to go forward, Spring is certainly on its way! Saw the first daffodils today!

It's time to get ready for the garden and get all those jobs done that you have been avoiding in preparation for our Summer months, and from what I can gather, a glorious Summer has been predicted.

*Our lovely Marie Walters has retired from the practice as a receptionist. I will not embarrass her by stating how many years she worked at **WeaverHouse**, but what I will say is that Marie will be greatly missed by myself and Adam, as well as all the patients and practitioners she met and looked after for many years.*

*Happy retirement Marie, from all of use here at **WeaverHouse**.*

*kindest Regards, Andy
Practice Manager*

Do you know our opening hours ?

Mon and Fri 8am to 6pm

Tue, Wed, Thurs 8am to 8pm

Sat 9am to 2pm

What is Remedial Massage?

When muscles become knotted and tense or damaged, remedial massage provides a healing treatment that can be gentle or strong, deep or shallow. Remedial massage holistically treats the body. The massage therapist endeavours to identify the original biomechanical dysfunction, thus healing the cause of the disorder, as well as the symptoms.

Remedial massage uses several specialised techniques to locate and repair damage to muscles, tendons and joints. Massage therapy supports and speeds up the body's own repair mechanisms. A lubricating medium (usually oil) is applied directly on the skin. This ensures that the muscles associated with the disorder are deeply penetrated. Passive joint stretching moves are also used.

Olivier, our resident Sports Masseur offers treatments here – call 01270 629933 to book.

Tel 01270 629933 Fax 01270 626711 Contact us at info@weaverhouse.com

For more information please visit www.weaverhouse.com

Focus on Acupuncture

Since treatment is aimed at the root of your condition as well as your main symptoms, the long term benefits of acupuncture are help with resolving your problem and enhancing your feeling of wellbeing. You may notice other niggling problems resolve as your main health complaint improves. Many people return to acupuncture again and again because they find it so beneficial and relaxing. Some people turn to acupuncture for help with a specific symptom or condition. Others choose to have treatment to help maintain good health, as a preventive measure, or simply to improve their general sense of wellbeing.

For a number of lifestyle and environmental reasons, qi can become disturbed, depleted or blocked, which can result in some symptoms of pain and illness or disease. Treatment is aimed at the root of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of wellbeing. You may notice other niggling problems resolve as your main health complaint improves.

Because traditional acupuncture aims to treat the whole person rather than specific symptoms in isolation, it can be effective for a range of conditions. Remember that acupuncturists treat the person, not just the condition which they have, so each patient's treatment plan will be different.

Acupuncture originated in China and extended to other far eastern cultures where it still features in mainstream healthcare, both as a stand-alone therapy and in combination with conventional western medicine.

In 2009 the National Institute for Health and Clinical Excellence (NICE) recommended that acupuncture should be made available on the NHS, as a cost-effective short-term treatment for the management of early, persistent non-specific lower back pain.

Acupuncture is now widely used and accepted all over the world. In the UK more and more people are finding out what acupuncture can do for them, and many people return again and again because they find it so beneficial and relaxing. You can get more information on current scientific research into the effectiveness of acupuncture by visiting www.acupuncture.org.uk or by speaking to me as a BAAC registered acupuncturist.

You can also book in for Acupuncture here at **WeaverHouse** with our resident fully qualified Acupuncturist Matt Budd – call 01270 629933