



WeaverHouse News



Spring 2013

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Hi Everyone.

*Well, at last some flowers are blooming and it seems that Spring may finally be arriving ! It has been a busy time here at **WeaverHouse**.*

*We have two new practitioners that have joined the company - **Phil**, is our new Osteopath and **Judith** is our new Counsellor. **Judith** is offering a complementary 30 minute introduction, to see if counselling may be of help to an individual, and **Phil** will be offering a free 15 minute back check to all new patients to the practice. Please speak to one of our reception team who will be more than happy to help with any questions or queries. **Marie Walters** has returned to work after going through a very hard year health wise, but we are delighted **Marie** is back behind reception, working two shifts a week.*

*Here is hoping to a glorious Summer!
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

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

For more information please visit www.weaverhouse.com

****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.

What Is Counselling?

Counselling is a process which involves skills of caring and listening and prompting. A counsellor will be supportive but give little or no direct advice, since the aim is to help the individual to develop insights into their own problems.

Through talking and sharing a person is helped to explore their thoughts, possibly difficult or painful feelings and related behaviours and thereby reach a clearer self understanding. During this exploration the person is helped to find and use their inner resources and strengths so that they can cope more effectively with life by making appropriate decisions and taking relevant action.

increased awareness and understanding of current patterns and negative habits that may have become unconscious, daily habits are addressed which may lead to possible change and self-growth.

Contact our Reception team for further advice.



Here at *WeaverHouse* we offer many types of treatments. We always have practitioners available to answer any questions you may have. If you e mail us with a question, our policy is to get back to you within 24 hours. Our reception team are always happy to help with any questions or aueries you may have.

Case Study/Asthma

The Case: Tom, a 10 year old boy, has suffered from asthmatic attacks since he was five, aggravated by any contact with dust and household pets. He is otherwise fit and healthy and is able to be involved with the normal activities of a boy his age. The attacks are gradually becoming more frequent and he is now suffering about one every month. In total he has been admitted to hospital on four occasions, and twice in the last six months. His mother is having her neck treated by her osteopath and is discussing Tom's condition when she discovers that her osteopath may be able to help.

She takes Tom in for an examination and assessment. After taking a full case history and examination, the osteopath explains that asthma is a condition where people have more difficulty in breathing air out, rather than in. So improving the way the muscles and joints operate in the function of breathing often helps people to breathe better. It is explained that when Tom holds on to a table or chair during an attack, he is actually fixing his arms and shoulder girdles so that he can better use some of his muscles of inspiration to his mechanical advantage. And therefore, by working on and relaxing these muscles his condition is likely to improve.

The Treatment: Tom's osteopath uses gentle soft tissue, articulation and manipulation techniques to improve the mobility and function of Tom's rib cage. The main and accessory muscles of inspiration are all stretched and released from their state of high tension. This aids an improved quality of breathing and fuller use of Tom's ventilation capacity. The osteopath shows Tom and his mother some breathing exercises that they can work on daily and explains why they're essential in helping Tom learn how to breathe properly.

The Outcome: Six months have now passed and Tom has not needed any hospital treatment. His monthly attacks have decreased to twice in the six month period. He now visits the osteopath once a month to maintain the improvement in his breathing function.

Tom Austen is our resident Cranial Osteopath here at *WeaverHouse*, specialising in treating babies and infants. For any further information or questions please do not hesitate to contact us on the number below, or send us an email.

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If you would like to see a particular feature on one of our many treatments offered here at *WeaverHouse*, please contact me at info@weaverhouse.com . If you need help or advice on any of the treatments we offer please call 01270 629933 or see www.weaverhouse.com