

# osteopathy: structural, cranial + medical acupuncture with deirdre nazareth



**Osteopathy** is a well-established system of healthcare that concentrates on the diagnosis and treatment of pathology or dysfunctions in the body by focusing on the spine, joint function, soft tissues and internal organs. Osteopaths use a variety of techniques that include soft tissue work, spinal manipulation, harmonic technique, mobilization, and visceral techniques to release accumulated stresses of the body from chemical, emotional or physical trauma and restore it to a state of balance. In addition, Osteopaths assess lifestyle factors such as diet, exercise, ergonomics, and posture and offer practical, informed advice. Patients of all ages and backgrounds seek treatment for a wide variety of conditions.

## Common Conditions Helped by Structural and Cranial Osteopathy

- Neck pain, headaches, migraine
- Low back pain, disc injuries-sciatica
- Whiplash and post traumatic injuries
- Shoulder conditions such as rotator cuff syndrome
- Pre and post natal pain
- Arthritis and other joint or spinal conditions
- Digestive problems
- Generalized muscle and joint pains secondary to trauma
- Breathing dysfunctions-Sinus Infections
- Colic
- Feeding and sleeping difficulties for infants and children
- Glue ear

**New patients** will have a consultation that involves taking a detailed case history and thorough clinical, spinal and orthopedic examination with neurological assessment. An assessment of posture and biomechanics helps identify the root cause of the problem, rather than just the symptoms, and is followed by a whole body treatment focusing on areas specific to the problem. The number of follow-up treatments is based on the presentation and the individual's healing process.

**Deirdre Nazareth**, BA, M.OST MED, DO, ND is an osteopath and personal trainer. She graduated with Merit Honor from the British College of Osteopathic Medicine and diploma in Naturopathy. She has done postgraduate training in Cranial Osteopathy and is certified in Medical Acupuncture and is registered with the General Osteopathic Council and the British Osteopathic Association. She incorporates her extensive knowledge and appreciation of the body developed over 12 years of experience into her treatments using a combination of structural/cranial osteopathy, medical acupuncture and naturopathic advice tailored to the individual along with her respect and compassion for the psyche.



**price:** new patient 60 min | £80

follow-up treatment 30 min | £60

**availability:** Mondays, 5-9pm Saturdays, 11am-4pm

**to make an appointment:** please call *evolve* at 020 7581 4090

treatments 