

The Manor Lodge Clinic

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heal and restore your body
Visit us at www.manorlodgepractice.co.uk

Issue 1 - January 2015

Manor Lodge News

Welcome everyone to the first edition of our news letter

Through our newsletters we hope to bring you relevant information on osteopathy, health and nutrition as well as a few fun exercise fads on the way.

- A new arrival
- Fee's for 2015
- Top tips for back pain relief
- Exercise of the month

Whats in this article

Exciting changes at The Manor Lodge Clinic

First of all we would like to wish all our patients a healthy and prosperous 2015.

This year is a big year for Manor Lodge as it marks 15 years since Lisa Counsell opened the doors to the practice.

We'd both like to say a big thank you to you all for making the practice such a success, without all of your word of mouth referrals we wouldn't have this lovely clinic here in Lympsham.

New for 2015: Zac

Some of you may have noticed a new face floating in and out of the practice since August 2014. Finally, after 5 months of traveling to and fro, Zac has joined the practice on a permanent basis having recently

relocated to the area to be closer to family in Somerset.

Zac is a great asset to the practice, with 7 years of osteopathic experience under his belt in addition to previous experience working as a personal trainer. Zac brings a new approach to osteopathy at Manor Lodge and a wealth of experience in the treatment and rehabilitation of musculoskeletal injury and pain.

For those of you starting new year health programs, read on as Zac will be sharing some top tips for 2015 over coming months to help keep you free of all those aches, pains and sporting injuries!

Other News

The Manor Lodge has undergone some cosmetic changes - the new colour scheme chosen by Lisa is called "bone", rather fitting don't you think!



The new boy

About Zac

Zac comes to us from Carlisle, Cumbria where he has been running a successful osteopathic clinic. Having grown up in Somerset and later London, the call of a warmer climate has encouraged him back south.

Zac specialises in osteopathy and functional movement. He likes to get people back on their feet through a combination of treatment and prescriptive functional rehabilitation exercises.

Top tips for Back Pain

Back Pain Relief

At The Manor Lodge clinic the single most common complaint is low back pain. It accounts for nearly half of all consultations seen at our clinic.

The three most common types of low back pain are muscle spasm, joint strain and disc injury (sometimes known as a “slipped disc”). To the sufferer, they are often equally sore and scary. Your osteopath will be able to tell, through your history and simple movement tests, the difference between these complaints and provide a suitable treatment protocol for each.

First Aid for Back Pain

Try the following advice to see if it helps your back pain:

Firstly: apply ice to the painful area. Make sure the ice is wrapped in a damp cloth to avoid “ice-burn” and only apply for 10-15 minutes. Longer periods can make your symptoms worse. This is a common mistake, keep to little and often.

Heat: If your symptoms have a long history, you may gain relief using a heat pad. (Speak to your osteopath)

Secondly: Take anti inflammatory tablets if you are able to do so without irritating your stomach or aggravating asthma. (Speak to your GP for further information)

Finally: Gentle and controlled movement is important. Unless the back pain is very acute, it’s important to try and keep moving and reduce the general stiffness. If your back pain is going to resolve by itself you should notice a good deal of improvement within 48hrs. if after this period you are still in pain it’s worth contacting one of our osteopaths to aid your recovery. the majority of long term , disabling back pain is created by simple injuries that are left to long and get out of control, changing movement patterns and altering posture, **don’t fall into this trap.**

Fee changes for 2015

Please note, after freezing our fee’s for the last 5 years we will be raising the price of our follow up consultation by £2 and new patient fee by £5

Fee’s for 2015 initial consultation £45

Follow up consultation £35

Exercise
of the
month

Stretch: “Yoga cat”



The yoga ‘cat’ stretch is a useful addition to all exercise routines, helping to add suppleness and strength to the spinal muscles. It can be used with caution while you have low back pain. Start with a flat back and feel length in the spine. Gently start to arch your back on an exhalation allowing your head to relax between the shoulders, as you breathe in move the spine in the opposite direction arching your lower back (to a comfortable level). If you have a neck problem try to keep the neck ‘long’ at this stage, don’t look up to the sky. Keep the shoulders strong throughout. Repeat this routine for 5 breaths.