

**What is osteopathy?** Osteopathy is a recognised hands-on therapy designed to diagnose and treat pain and disability. It uses many of the diagnostic procedures used in conventional medicine but does not involve prescribing drugs.

**What is naturopathy?** Naturopathic medicine looks at the person as a whole and is based on the concept of helping the body to help itself to restore health and natural function. It uses diet, exercise, postural advice, hydrotherapy (water treatment) and relaxation techniques to do this and is here combined with osteopathy.

**Who can be treated?** Both osteopathy and naturopathy can help all age ranges including babies and young children as well as expectant mothers, the elderly and those recovering from illness or injuries.

**What can they treat?** Low back pain and 'sciatica', whiplash, arthritis and other joint problems such as sprains, frozen shoulder and tennis elbow, sports injury, repetitive strain injury and postural stiffness. In addition, other disorders such as digestive problems, candida (thrush), migraine and tension headaches, eczema, psoriasis, asthma, osteoporosis, insomnia and period pain can all benefit from osteopathic treatment.

**What will the treatment involve?** A full case history will be taken to get a complete picture of your health and lifestyle. You will be asked to remove some of your clothing to enable a full examination of the relevant area.

**What will the treatment involve?(cont.)**

You will then be asked to perform a series of simple movements which, along with gentle palpation will help make the diagnosis and cause of the pain.

Occasionally there is the need for outside information from your GP such as blood tests or x-ray results to allow a full diagnosis to be made. However, these are not requested without your prior written consent.



Treatment will vary to suit the individual but will normally involve deep massage techniques and painless mobilisation of the joints to increase their range of movement as well as dietary, exercise and postural advice to improve the effectiveness of the treatment and prevent reoccurrence.

If you require a total *Cranial* treatment or would prefer a non cranial approach, please feel free to ask

For further information or an appointment contact Jolyon Wardle or Val Makinson

**Jolyon D. Wardle** DO. N.D., M.R.N.  
**Valerie Makinson** Bsc(Hons.) Ost.Med.

**State Registered Osteopaths  
& Naturopaths**

**PRACTICE INFORMATION  
& NEWSLEAFLET**

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## ANNOUNCEMENT

Dear Patients and Friends,

Welcome to the latest newsletter..latest news is that we have closed the Liverpool Practice which means that we will be more available locally.

In Grange, **Graham Dyer** continues to provide quality traditional Acupuncture in Grange usually on Thursdays.

Detailed leaflets on all therapies are available in the practices.

With thanks to you all for your understanding and support this past 20 years or so, I trust you will welcome the many improvements we have made to the practice.

20 Years in Grange.....eek!

We should be delighted to hear your comments or suggestions as to how we can improve the practice. Wishing you all the best for summer and autumn

*Jolyon Wardle  
& Val Makinson*

*July 2007*



20 Years in Grange.....eek

Osteopathic and Naturopathic treatments are at least half an hour and more normally 40 minutes



## FEES

are now £30

Initial consultation and treatment ...£30

All subsequent treatments are £30

*we are sorry that we now have to make a charge if 24 hours notice is not given when cancelling ...this is because we now have a waiting list of people wanting appointments,*

## All Practises now have :

electric couches

a choice of days in all practices  
as well as a choice of practitioners

support for all major insurance  
schemes including BUPA, WP, PPP, Medi-  
cash & HSA

medico-legal reports and certificates  
can now be prepared much swifter

**We are ALL State Registered Osteopaths !**

## CLINIC TIMES

**Jolyon D. Wardle** DO. N.D., M.R.N.

**GRANGE** TUESDAY AM & FRIDAY AM

**Valerie Makinson** Bsc(Hons.) Ost. Med.

**GRANGE** FRIDAY PM

**BARROW** WEDNESDAY

*Other times can be arranged as can  
home visits in the Grange area*