

St David's Osteopathic Clinic

www.sdosteopaths.co.uk

CRANIAL & STRUCTURAL OSTEOPATHY

Paul Thompson



Collin Crewdson



Warwick Downes



David Stainer-Smith



Welcome to St David's Osteopathic Clinic

What is osteopathy?

Osteopathy is a healthcare system based on the important relationship between structure and function in the human body. We focus on the neuro-musculo-skeletal system using a range of patient-centred techniques.

How can osteopathy help?

Osteopathy is suitable for almost anyone and can contribute to the treatment and management of a wide range of conditions including:

- Arthritic pain
- Circulatory problems
- Digestion problems
- Muscle spasms
- Rheumatic pain
- Shoulder and elbow pain
- Osteoarthritis of the hip and knee
- Back and neck pain
- Joint pain
- Migraines
- Neuralgia
- Sciatica
- Minor sports Injuries

However, we do not tend to focus on individual conditions, but rather seek to help your body function more easily, more comfortably and more efficiently.

What to expect?

Osteopathic treatment consists of gentle manipulation and stretching of the muscles, ligaments and joints. Treatment is not painful and rarely uncomfortable.

Because previous illnesses and injuries affect the way your body functions at present, you can expect most of your first visit to be taken up by a discussion of your medical history. During this first visit, we will give you a physical examination to assess overall body mechanics and an initial treatment. The treatment course will be decided as a result of this initial consultation.

Fees

Adults initial visit £38. Follow up appointments £35. £5 discount for babies, children and those on benefits. *(Correct at date of preparation)*



Types of osteopathy

Cranial

AREA OF FOCUS:

Head and spine

Cranial osteopathy relies on the refined sense of touch that osteopaths develop over years of training. We can feel subtle underlying movements that enable us to assess and treat the internal tensions in the head and spine.

Structural

AREA OF FOCUS:

Musculoskeletal system

Structural osteopathy involves the identification and alleviation of points of tension in the body's structure, focusing on specific muscles, bones and joints. To achieve this, we will normally employ a combination of manipulation, massage and stretching techniques.

Visceral

AREA OF FOCUS:

Internal organs

Visceral osteopathy focuses on the link between bodily structures and internal organs. We can use visceral techniques to identify points of abnormal tension and correct them, helping with problems such as poor digestion and respiratory complaints.

We are registered with the General Osteopathic Council under the terms of the Osteopaths Act 1993. We regularly attend postgraduate training courses to keep up to date with the latest developments in the profession.

Meet our team



Paul Thompson – Following a career in the financial markets, Paul graduated from the British School of Osteopathy in 1998 and returned to Devon, his home county, where he joined St David's Osteopathic Clinic. He also works one day each week in a smaller practice in Plymouth. Paul uses a combination of cranial and structural techniques in practice and has a particular interest in working with expectant mums, children & babies. Hobbies include motorcycling, running and playing the guitar badly!



Colin Crewdson – qualified 27 years ago after a career spanning teaching and archaeology, farming and psychiatric work, both at home and abroad, and established St David's Osteopathic Clinic in 1985. Colin concentrates on using Cranial techniques in his practice and likes the challenge of helping to unravel difficult and chronic problems. He is also interested in problems involving the internal organs of the body, "visceral osteopathy". Colin's hobbies tend to revolve around the natural world, gardening, tree planting etc and generally fretting about the parlous state of the planet.



Warwick Downes – Warwick graduated from the British School of Osteopathy in 1989 and returned to his childhood roots in Devon. His main interest is in Osteopathy in the Cranial Field. His practice has developed as a result of his experience of this gentle aspect of osteopathy and he has become a tutor in a postgraduate faculty, teaching this work to other osteopaths.



David Stainer-Smith – After graduating from the European School of Osteopathy in 2006, David moved back to Exeter, his home town, and began practice. Since then he has built a good patient base and especially enjoys treating the sports community, and babies. His background in sport and fitness is the strongest attribute David brings to our team. His hobbies include rugby, weight-training and music.



Mother and baby clinics

Pregnancy and birth places physical stress on both mothers and their babies. That's why we're offering a free treatment for mums when they bring in their children for post-natal and early months checkups.

Other Therapies

Other therapists also practise from our clinic. They offer Counselling, Psychotherapy, Homeopathy and Chinese Medicine.

Please phone **01392 221321** for an appointment



1, Walnut Gardens
 St. David's Hill
 Exeter EX4 4DH

info@sdosteopaths.co.uk

Opening Times

Monday to Friday
 8.40am - 8.00pm

Saturdays

9.00am - 1.00pm

Reception open 9am-5pm weekdays

www.sdosteopaths.co.uk

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