

PRESS RELEASE - FOR IMMEDIATE RELEASE:

New Osteopath Clinic Opens in Holborn & City

February 2011: A new Osteopathic clinic has opened in High Holborn, London to provide care to patients in the Holborn, Chancery Lane and City areas.

Osteopath Direct, which also runs a practice in the Midlands, has opened a new clinic within Key Pilates and Sports Injury in Dyers Buildings, just off High Holborn, led by registered Osteopath Luke Dillon.

Osteopathy is an NHS-recognised therapy that relieves pain, improves mobility and significantly enhances the quality of life for many patients - all without the use of medication or surgery.

Luke Dillon is an experienced practitioner who trained at the British School of Osteopathy in London and uses a combination of techniques to treat patients of all ages. In addition to effective treatment, Luke places a great emphasis on helping and advising patients regarding their work-life, sleeping postures, diet and exercise.

Luke Dillon said: "Osteopathy is an increasingly important form of healthcare, so we are delighted to be bringing a professional and comfortable new practice to residents and workers within the Chancery Lane area of the city."

Osteopathy can help people of all ages with a range of conditions from back and neck problems including 'trapped' nerves, muscle and joint stiffness, and sports and gym injuries, to postural problems, repetitive strain, pain associated with arthritis and the effects of trauma such as whiplash.

Luke Dillon is registered with the General Osteopathic Council and a member of the British Osteopathic Association and London Osteopathic Society.

For appointments:

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See overleaf for Notes To Editors >>>

Notes for editors:

What is Osteopathy?

Osteopathy is an NHS-recognised therapy that relieves pain, improves mobility and significantly enhances the quality of life for many patients - all without the use of medication or surgery.

It is a primary care profession, focusing on the diagnosis, treatment, prevention and rehabilitation of musculoskeletal disorders, and the effects of these conditions on a patient's general health.

Osteopathy is based on the principle that the body has the ability to heal, and osteopathic care focuses on strengthening the musculoskeletal systems to treat existing conditions and to prevent illness. Osteopathy is very effective at resolving aches, pains and injuries because it looks at the causes of a problem. It is an Osteopath's aim to prevent a problem or injury from recurring by identifying and removing the original cause of the problem.

What do Osteopath's treat?

Osteopaths are capable of treating a wide range of musculoskeletal conditions and the effects these conditions have on the body. These include common aches and pains due to strains, falls and overuse, as well as the more long-term back and neck problems. It can often alleviate the problems associated with stress and tension including chronic headaches. Osteopathy can help with the following conditions (this list is not exhaustive): Low back pain, which may or may not include sciatica; Neck and upper back pain; Peripheral joint pain (shoulder, elbow, wrist, hand, hip, knee and foot problems); Sports injuries; Repetitive strain injuries/work place injuries; Postural problems; Stiffness associated with 'wear & tear'; Effects of trauma. E.g. whiplash; Jaw pain; Headaches; Muscular-skeletal symptoms associated with chronic conditions. E.g. Asthma, osteoarthritis