

## What is Osteopathy?

Osteopathy is a hands-on method of treating the mechanical problems which accompany all disturbances in the body arising from injury, postural strain, internal disease, emotional tension, stress, etc. In treating the body's structure osteopaths aim to improve not only the body frame mechanics, but also the underlying functional disturbance or disease

## How will an osteopath treat my complaint?

After taking a detailed history the physical examination will include observation of your posture from standing or sitting and you may be asked to perform simple movements and report on any discomfort or restriction. These and other procedures are done gently and are painless as you stop at the point of discomfort

The conclusions reached will indicate a course of treatments and-or the need for referral to another practitioner or medical doctor

There are many techniques and approaches

Examples are massage and other soft tissue

manipulations joint mobilization, from slow, rhythmic "articulation" to the "high velocity thrust" which can produce an audible click. They are

not painful and most people find these direct methods alleviate pain and restriction in a very immediate way internal organ mobilization by gentle rhythmic pressure applied externally

the cranial approach (see relevant section)

## What Can Osteopaths Treat?

Osteopaths treat mechanically caused pain in any part of the body, although daily we commonly see a lot of neck and back pain.

Conditions that respond well to the hands-on approach include

### Benefits

- back and neck pain
  - *unassociated with injury*
- hip and knee pain from osteoarthritis
  - *as an adjunct to conventional management*
- headache arising from the neck
- migraine prevention
- shoulder impingement, frozen shoulder, tennis elbow
  - *from associated musculo-skeletal conditions*
- sundry sports injuries
- cramps
- fibromyalgia
- circulatory problems
- poor breathing mechanics

- digestive problems
- care during pregnancy
- inability to relax
- neuralgia (nerve pain)

## How Will An Osteopath Examine Me?

We will ask you for a detailed account of your presenting complaint, and past and present medical history

The physical examination will include observation of your posture from standing or sitting and you may be asked to perform simple movements and report on any discomfort or restriction. All of these procedures are done gently and are painless as we stop at the point of discomfort

## What Is Cranial Osteopathy?

Nearly 100 years ago the osteopath William Garner Sutherland discovered that the head and pelvis are in a state of rhythmic motion and change shape 12 to 14 times per minute. This is not visible to the eye, but can be appreciated by trained hands. The nature of this involuntary mechanism remains speculative, however motion is felt in all parts of the body at once, not merely the head and pelvis, so the idea of a distinct "cranio-sacral system" is not supported. Most osteopaths prefer to talk of the involuntary mechanism, or primary respiratory mechanism (PRM), expressing the universal and holistic nature of this phenomenon. Its clinical usefulness lies in its application as a

medium for sensing the moving body in three dimensional space, identifying restrictions, tensions, etc on and helping these to unwind and resolve

The practitioner simply places their hands very lightly on some part of your body and makes subtle adjustments that are barely felt. However many people experience a growing sense of ease and relaxation, sometimes accompanied by warmth and tingling

The approach is applicable to any part of the body. For many practitioners It is the method of choice when treating children and the elderly or in situations where using stronger forces might pose a risk

### How Are Osteopaths Regulated?

The profession is regulated by a single body, the General Osteopathic Council (GOsC) who set the standards for training, competence and professional conduct as well as requirements for continued professional development

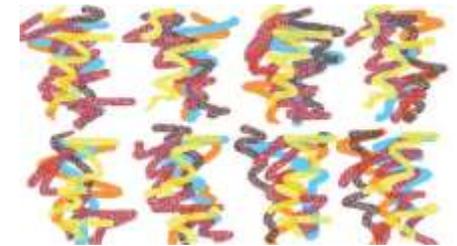
### Professional Qualifications

- Sivananda Yoga Vedanta Centre (1980)
  - *yoga siromani*
- British School of Osteopathy (1989)
  - *D.O.*
- Sunra Yoga (2000)
  - *yoga teacher*
- City & Guilds (2007)
  - *Certificate in teaching adults*
- ALIED / Hertfordshire Uni (2014)
  - *masters-level medical acupuncture*

### Memberships

- General Osteopathic council
- British Medical Acupuncture Society
- Asociación Internacional de Profesores de Yoga Sananda (AIPYS)

# OSTEOPATHY



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