



NEW OSTEOPATHY CLINIC OPENS

Osteopaths, Andrew and Berit Lawson, have made the move from Auckland to New Plymouth seeking a change in lifestyle. They have just opened a new clinic on Vivian Street called... Vivian Street Osteopaths.

Words Irena Brooks Photos Roger Richardson

“When we came to visit New Plymouth, we noticed Vivian Street with all its medical businesses and said to each other, this is the street we have to be on,” Berit recalls.

The parents of two young children, both have a Masters in osteopathy and post graduate cranial osteopathy training. Andrew also has a degree in acupuncture, a rare combination that will be unique in New Plymouth.

“Osteopathy and acupuncture work really well together. Often I can assess something and determine the direction of the treatment on the spot, without having to bring someone else in or have that barrier of communication.”

He says both specialties enable him to quickly assess and treat severe acute pain and also chronic pain. “You can be either recovering from a traumatic event or suffering from a longstanding chronic issue.”

Osteopathy and acupuncture can also be excellent for aging backs and joints. Osteopathy is all about finding the source of any pain or discomfort and treating it. Andrew and Berit treat trades people, desk-bound professionals, mums and babies, and the elderly.

“We want the clinic to be family orientated, catering for working professionals, children and the elderly. We therefore hope to build a working relationship with other medical professionals such as specialists, GPs and midwives,” states Andrew.

The bulk of patients the couple

expect to see will be professionals with lower back pain, neck pain and headaches.

It’s something they see a lot of. “We work hard with our patients to help them understand the reason behind their pain, and provide ergonomic or posture advice and/or exercises that they can use to help treat themselves. We find that empowering our patients is vital on the journey to health.”

Treating mums and babies is another area the couple specialise in. With two young children of their own, they truly understand the impact an unsettled baby can have on family life.

“Often mums will bring their babies in for a check-up after birth,” says Berit. Not only is the birthing process tough on babies causing a baby to be unsettled, there are various other reasons why a baby can cry a lot or have trouble feeding or sleeping. These issues can often be easily resolved with osteopathy.

Mothers too may find they are experiencing back pain, headaches or general tiredness which osteopathy can help alleviate. It is also very safe to



treat pregnant women optimizing a woman’s health before birth.

The couple were drawn to New Plymouth because, as Andrew puts it, “it’s a place without compromise”.

“We were living in Auckland and we were having to compromise on what we wanted in life. So we started looking around New Zealand at other cities. New Plymouth was the only place where we didn’t have to compromise – it was just green lights all the way.”

“As soon as you arrive in Taranaki you can feel yourself relaxing. Plus New Plymouth has its own identity,” adds Berit. “It is a vibrant city offering a lot to the people that are lucky enough to live here, with plenty of arts, festivals and events – I mean Cat Stevens is coming to Auckland, Christchurch – and New Plymouth!”

The pair also love the outdoors – it’s one of the many things that attracted them to the region. Berit is originally from Austria and Mt Taranaki was a big factor for her.

Andrew has a high performance sport background (bob-skeleton racing and rowing) with a strong focus on strength and power training with weight lifting, while Berit has a mountain climbing (up to 6000m) and yoga background.

If you’d like to make an appointment, just give them a call. Patients don’t need to see their doctor first and being a new business, you should be able to be seen pretty quickly!



128 Vivian Street New Plymouth | OPEN MONDAY TO SATURDAY | P 021 560 533
ACC registered - No referral needed | W www.vivianstreetosteopaths.co.nz