

MEDICAL HEALTH & Beauty

Low back pain? Try Osteopathy!

Berit and Andrew Lawson run a family orientated osteopathic clinic on Vivian Street. Osteopathy is a therapy that can help treat pain and injuries to any part of the body. One of the most common reasons that someone might seek an osteopath is for low back pain.



Vivian Street Osteopaths between Mount Edgumbe Street and Morley Street.

Low back pain will affect up to 80 percent of adults at some point during their lifetime. Although many injuries to the lower back occur from an external force, a large proportion of the population will suffer low back pain simply for sitting too long.

BUT WHERE DOES THE PAIN IN YOUR BACK COME FROM?

In most cases low back pain will come from mechanical issues and soft tissue injury. This could include damage to muscles, ligaments, intervertebral discs, compression of nerves and dysfunctional joint movement of the spine and/or pelvis. Your symptoms may vary from localised sharp pain or a dull ache and stiffness, to shooting pain with numbness or a tingling feeling down the leg or as far as the foot.

This can make it hard for you to determine what is wrong with your back on your own, and you might find that the exercises that worked for a friend don't work for you. Berit and Andrew are trained to identify what the problem is, and therefore help you tailor your treatment and self-treatment strategies to get you to a faster resolution of your pain.

HOW LONG WILL IT TAKE TO RECOVER?

The type of injury you have will determine your symptoms and the length of time you will need to recover. The majority of cases will resolve quickly, however more severe injuries can take much longer and may require assessment by an orthopaedic specialist.



Berit performing a spinal assessment

An important part of your recovery is to gain an understanding of what is happening to you. This knowledge can help guide you through your daily activities and exercises, and improve your rate of recovery. Often our daily habits can be maintaining factor for our pain. Exercises, posture and ergonomic advice will be prescribed to help improve the conditions surrounding your recovery, and may help prevent the problem from coming back.

WHAT IS OSTEOPATHY?

Osteopathy is a highly developed way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints. Therefore, osteopaths diagnose and treat the issue with a hands on approach.

The techniques they use vary to suit the patient and can include very light, gentle techniques to strong deep tissue massage and manipulations.

Figuring out what approach is appropriate for you is part of an osteopaths job. This always requires receiving your informed consent to ensure a safe and effective treatment.

CAN YOU DO ACUPUNCTURE AS WELL?

Yes we can! Andrew is a qualified osteopath and acupuncturist, this enables him to bring the two styles of treatment together without the need for extra referrals. Osteopathy and acupuncture work very effectively together. This can be great for managing very acute or severe pain, as well as long standing chronic issues such as osteoarthritis.

HOW DO I BOOK AN APPOINTMENT?

You do not need to see your doctor first. As primary care practitioners Berit and Andrew are able to submit your ACC application for any injury that is a result of an accident. If you require a referral for x-ray and ultrasound, Berit and Andrew can provide that too.

You can book online with us at:

www.vivianstreetosteopaths.co.nz

or call direct on: 06 758 7078

If you have any questions as to whether osteopathy is right for you please call us on the number above or you can email us at:

admin@vivianstreetosteopaths.co.nz.


ABOUT BERIT AND ANDREW

After making the move for the Taranaki lifestyle Berit, Andrew and their two young boys have been making the most of all that is on offer, despite the recent weather. They also enjoy the community atmosphere that is distinctive of New Plymouth.

Both trained and worked in London before moving back to New Zealand to raise a family. After three years of living in Auckland, the couple felt the need to seek a better way of life. Lucky for them New Plymouth provides a life without compromise.



Andrew treating the lower back

To book an appointment please give Berit or Andrew a call on 06 758 7078 or book online at www.vivianstreetosteopaths.co.nz. Also check us out on  at Vivian Street Osteopaths