



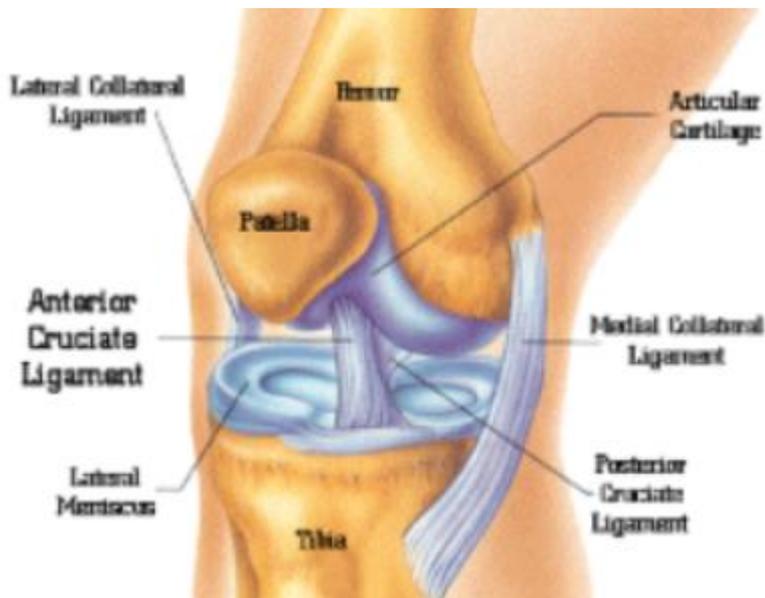
HALIFAX OSTEOPATHS PAIN & INJURY CLINIC

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NEWSLETTER



HURRAH SPRING IS HERE AT
LAST!!?



When knees and skiing don't mix!

<http://orthoinfo.aaos.org/topic.cfm?topic=a00325>

This article provides a good breakdown of knee injuries, but as seen by an Orthopaedic surgeon.

A surgeon is normally looking for damaged tissue to repair, remove or even replace, whilst Osteopaths look at the forces that are straining tissues, preventing them from healing by recurrently overloading them.

Osteopaths are taught that the body is a self-healing organism and if this self-healing is not taking place then there is something stopping it.

This can be because:

an activity that is aggravating the problem (for example kneeling or driving as part of your job);

the injured tissue weakens the knee and does not allow the level of activity a patient is asking of it;

the biomechanics of the leg mean that weight is not distributed evenly through the knee

By improving the structure and mechanics of the knee and surrounding joints; improving the tone of muscles that support the knee and considering the blood and nerve components that will affect the knees' ability to heal – nature can do her job and restore normal function.

.....If the conditions in the article are severe enough (a complete rupture of a tendon or ligament) then nature may need the hand of a surgeon to start the healing process.



LEARNING ABOUT KNEES AND SKIS ON LOCATION!

Appropriately for a course on knee problems Andrew went to a ski resort to hear Alex Ashburner MSc. MCSP. discuss different problems of the knee, particularly traumatic injuries, their surgical repair and a physiotherapist's approach to treatment and rehabilitation drawn from his experience of working with special forces troops, rugby players and other athletes.

James Beck DO also lectured on reading MRI scans and the treatment of complex chronic and complicated lower back pain; with reference to the new NICE (National Institute for Health and Care Excellence) guidelines that inform practitioners within the NHS of the most successful ways of treating different conditions. He also covered ways in which Osteopaths can audit their patient's outcomes and contribute to the debate of what treatment is effective and what is not.

"It was an interesting week of lectures and the practical testing of our knees whilst skiing fortunately did not produce any of the devastating injuries about which we learnt" said Andrew in summary.



Laurie Hartman Weekend.

LEARNING FROM THE MASTER OSTEOPATH!

On the 4th and 5th February 2017

Jane attended the Advanced Minimal Leverage course with the best known UK Osteopath Laurie Hartman. The weekend covered all techniques from cervical spine manipulations to ankle manipulations. There were 24 participants including student Osteopaths, Osteopaths and Physiotherapists.

It was a very enjoyable weekend and the techniques have been very useful and are working very well on patients. Laurie was very good at making the practitioner think about using different levers to wind up a joint. Jane will be attending the next course with Laurie Hartman in December 2017.



Easy on, easy off

We liked this idea for putting your socks on when you have a bad back.



