

### What is osteopathy?

Osteopathy is a distinct approach to healthcare based on a well-established system of clinical diagnosis. Osteopaths focus on the structure of the body, using safe, natural, manual treatment which offers a caring approach to the individual needs of each patient, at all stages of life from birth to old age. The objective is the promotion of long-term health.

### What can osteopathy help treat?

Osteopathy can help provide relief for the body's structural, mechanical and functional problems in people of all ages, such as:-

- Arthritic Pain
- Back Pain
- Frozen Shoulder
- General reduction in flexibility and movement
- Minor Sports Injuries
- Muscle Spasms
- Neuralgia
- Sciatica
- Tension pain

However, giving a list of conditions can sometimes give a false picture. Osteopathy treats the person, not just the disorder and it can help people of all ages recover from all types of pain, including that occurring as a result of changes to the body during pregnancy and headaches associated with muscular tensions.

### Why choose the ESO Clinic?

The ESO Clinic, based on the Tonbridge Road, Maidstone, has been providing osteopathic care to the local community since 1978. As Kent's largest osteopathic clinic and one of the UK's leading osteopathic teaching clinics, we have an exceptional level of clinical expertise and carry out in excess of 20,000 treatments each year. Everything at the Clinic is patient focused, from free car parking and ground floor treatment rooms to specialist clinics and evening/Saturday appointments.



*"The treatment I receive at the ESO Clinic has never failed to get me upright, pain-free and mobile again, with the least pain and fuss, in the shortest time possible."*

ESO Clinic patient

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