

WHAT CAN OSTEOPATHY TREAT?

- Back Pain
- Sciatica
- Neck Pain
- Muscle spasm
- Muscle Strains
- Ligament Sprains
- "Slipped Discs"
- Pains from Arthritis
- Shoulder Pain
- Frozen Shoulder
- Sports Injuries
- Tension Headaches
- RSI (Repetitive Strain Injuries)
- Rehabilitation of Previous Injuries
- Rehabilitation of Stroke Patients

BOOKINGS FOR BOTH CLINICS

Phone 07790 572770

GREENWICH NATURAL HEALTH CENTRE

Web www.greenwichnaturalhealth.co.uk

Address 70 Royal Hill, London, Greenwich SE10 8RF

Nearest Stations (all in Zone 2)

- Greenwich Mainline Station
- Greenwich DLR
- Cutty Sark DLR



NEW CROSS NATURAL THERAPY CENTRE

Web www.newcrossnaturaltherapy.com

Address 394 New Cross Road, New Cross, London SE14 6TY

Nearest Stations (all in Zone 2)

- Deptford Bridge DLR Station, New Cross Overground
- New Cross Main Line Station (Direct connection to London Bridge)

Important

Please do NOT confuse it with New Cross Gate Station



ROGERIO CORREA, REGISTERED OSTEOPATH

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OSTEOPATHY

IN SOUTH EAST LONDON

Rogério Correa, Registered Osteopath
www.londonosteopath.co.uk

WHAT IS OSTEOPATHY?

Osteopathy is a natural therapy that deals with problems in muscles, joints, ligaments and all the parts of the body involved in movement and posture.

Osteopathy is not simply concerned with clicking joints; it also offers a wide range of other safe, gentle and effective techniques, which Rogerio and many other osteopaths prefer.

Osteopaths also give advice on exercises, posture and life style.

As a holistic therapy, osteopathy treats the patient as a whole and not just their particular complaints. Instead of treating symptoms, osteopaths seek to remove the causative factors that disturb the organism's natural ability to heal itself.

PROCESS CENTRED OSTEOPATHY

Process Centred Osteopathy is a branch of osteopathy that unites a gentle ("no clicking") approach with up-to-date scientific research.

ABOUT THE THERAPIST

Rogerio Correa is a Registered Osteopath, registered with the General Osteopathic Council since 1999. He practices Process Centred Osteopathy and his work is safe, gentle and effective, based on physiological principles and current research.

Rogerio is also a trained Alexander Technique Teacher, having graduated in 1991.

He has worked in many clinics in the UK, treating a diverse range of patients, including elderly people, sports injuries patients, patients with RSI, stroke rehabilitation patients, etc. He also worked for 3 years as the osteopath at one of the most important contemporary dance schools in the UK.

One of Rogerio's main professional interests is to teach people how to use their bodies in a more efficient way, raising awareness of their main instrument for living and performing their activities: themselves.



www.londonosteopath.co.uk

STROKE REHABILITATION

Stroke patients can lose important physical abilities such as walking or using their hands and therefore be limited in their daily activities. People can often think that these are permanent limitations in their lives.

Fortunately, the nervous system is very adaptable, and many stroke patients can recover some of their lost activities.

The rehabilitation of stroke patients is one of the uses of Process Centred Osteopathy and it can be very successful.

Rehabilitation sessions are gentle and fun, as patients are helped and challenged to go beyond their limits, increasing their capabilities step by step. The process is usually long term, but can be very rewarding.

TRAINING AND QUALIFICATIONS

Osteopaths are fully qualified professionals, who go through an extensive training, which includes science subjects such as anatomy, physiology and pathology. Osteopaths are registered professionals and their standards of practice and training are controlled by the General Osteopathic Council.