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Registered with the General Osteopathic Council

Newsletter Q2 2010

Welcome to the newsletter of the Harpenden Osteopath & Sports Injury Clinic. The aim of these quarterly newsletters is to provide useful topical health advice for you & your families, clinic news & latest offers. Please feel free to pass on to anyone you feel may benefit & please email your questions for future newsletters.

Health Topic: 'Sports Injuries & How to Stay Injury Free'

Many of us love participating in sports whether if it's for well-being, keeping weight down, socialising with like-minded people or even fulfilling your competitive side. With the weather improving I'm sure many of us are looking to get out & do something more active; but what if you get injured & how can we help to prevent injuries?

The aim of this quarterly newsletter is to give you tips on preventing & dealing with sports injuries as well as our latest clinic offers & news.



Can we prevent injuries from occurring?

As the saying goes 'prevention is better than cure.' We can certainly minimise the risk of injuring ourselves if we follow these simple guidelines;

- Get fit for your sport - if you are feeling out of shape & your sport requires speed, endurance, flexibility, make sure you include them in your training.
- Warm-up & warm down effectively - 10-15 mins. minimum before & after sport of light jogging & stretching after sport.
- Improve your technique to reduce the risk of injury - poor technique is a big cause of injury
- Ensure your equipment & footwear are in good working order

What do I do if I am injured?

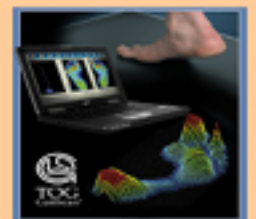
Seek professional guidance asap - it will improve your prognosis & get you back sport quicker! As a specialist in sports injuries our aim is to find the root cause of your injury.

Here at the Harpenden Osteopath & Sports Injury clinic we use Gaitscan technology to analyse your gait & identify the root cause of your injury. Look out for our special offer on Gaitscan analysis.

1st 48 hours injury - use RICE principle (rest, ice, compression bandage & elevation).

LATEST NEWS...

We have recently invested in state of the art computerised foot scanning technology, called TOG GaitScan™ System.



This diagnostic tool has been specifically engineered to assist with the assessment and diagnosis of foot biomechanics.

Clinic Special Offer:

40% off Gaitscan assessment until 31 July 2010 (includes a 1-hour biomechanical state-of-the-art TOG Gait assessment for £45)

The Harpenden Osteopath & Sports Injury clinic is run by Gillian Brown BSc.(hons) Osteopath. Our aim is to find the root cause of your pain & relieve your symptoms as quickly as possible. We are a relaxed, friendly and professional clinic where all your family will receive thorough healthcare.

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