

SPINE PLUS MASSAGE THERAPY

At the Spine Plus clinic we offer sports and remedial deep tissue massage that is suitable for everyone from the couch potato to the professional athlete! Our highly trained and highly skilled massage therapists use advanced massage techniques that incorporate the latest scientific approaches for optimum long term relief of muscular tension. This involves lots of firm, slow, deep massage strokes that run at right angles to the muscle fibres (cross fibre massage) thereby releasing adhesions between fibres as well as tension within fibres. This style of massage is also known as trigger point massage, it requires a very precise knowledge of human muscular anatomy. Our therapists are also trained in other advanced techniques such as muscle energy and lock and key stretching.

We believe this enables us to offer the most effective massage therapy for long term relief of muscular tension

Our massage routines can be used to help relieve every day stress and tension, prevent and recover from injury, optimise sporting performance, or, when used regularly, as a way of keeping muscles and joints supple and relaxed, thereby helping to maintain the health and vitality of the whole body.

As well as allowing clients to direct our therapists to areas that need particular tension (as in our Pick and Mix massage) we have devised a number of massage routines that are applicable to common scenarios, such as

- COMPUTER USERS MASSAGE
- ACTIVE LEGS MASSAGE
- FULL SPINAL MASSAGE
- GOLF CONDITIONING MASSAGE
- "PICK AND MIX"

please visit our website for descriptions of the above routines
www.spineplus.co.uk/therapies/massagetherapy

FEES

Osteopathy

Initial assessment & treatment	40 . 60 minutes	£70
Follow up treatment	30 minutes	£60
Follow up treatment	20 minutes	£45

Massage Therapy

60 minute massage	60 mins	£70
30 minute massage	30 mins	£40

Medical Acupuncture /Acupressure

Initial assessment & treatment	40 . 60 minutes	£65
Follow up treatment	30 minutes	£60
Follow up treatment	20 minutes	£45

Note: If clients are apprehensive about acupuncture then acupressure (no needles) can be used as a substitute.

Spinal decompression therapy

Single session	30 minutes	£60
Course of 5 sessions	6 x 30 minutes	£250

Miscellaneous

Initial assessment* & MRI scan referral** 20 minutes £25
* For patients with back pain, neck pain, sports injury or other related disorder. **MRI scans from Vista Diagnostics from £200

GP / consultant letter	£20
Medico-legal report	Price on application

Appointments: (020) 7000 1894



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SPINAL & SPORTS INJURY THERAPIES & SERVICES



- OSTEOPATHY
- MEDICAL ACUPUNCTURE & MEDICAL ACUPRESSURE
- SPINAL DECOMPRESSION THERAPY
- REMEDIAL & SPORTS MASSAGE THERAPY



SPINE PLUS - OSTEOPATHY

Osteopathy originated in the late 1800s as a form of treatment for many conditions using manipulation of the body. Several manual therapies, including chiropractic, have since evolved from the treatment techniques originally used by osteopaths. Today in the UK osteopathy is a fully regulated health care profession and all Osteopaths are required by law to have completed the necessary 4 to 5 years of full time training. In order to diagnose and assess musculoskeletal problems throughout the body osteopaths observe a client's posture, use highly skilled palpation to feel for tight muscles and stiff joints and use detailed bed side orthopaedic and neurological tests. When it comes to treatment all Osteopaths receive extensive training in a wide range of hands on treatment techniques including joint manipulation, massage and many other soft tissue techniques. Due to this diversity in the range of osteopathic techniques there can be considerable variation in different people's experiences of seeing an osteopath. At one end of the scale some osteopaths tend to exclusively use vigorous high velocity thrust manipulation involving clicking the joints without any or only very little treatment applied to the soft tissues; whilst at the other end of the scale some osteopaths will rely on extremely gentle cranial techniques and hardly ever perform the more vigorous techniques.

SPINE PLUS Osteopathy = Osteopathy + massage + medical acupuncture / acupressure + exercise advice + more...

At Spine Plus our osteopaths take a thorough no nonsense approach. Where necessary this involves careful and precise osteopathic joint manipulation, such techniques are only performed with the patient's full consent. Our Osteopaths also use plenty of soft tissue techniques, including massage, applied to sore tight muscles. One of our hallmarks is that our Osteopaths use medical acupuncture / acupressure (*depending on the patient's preference*). This requires additional postgraduate training which they have all undertaken. We have found medical acupuncture to be particularly effective when combined with traditional osteopathic treatment. Also, surplus to their standard osteopathic training is training in the use of electrotherapy such as ultrasound which can be very useful for certain ligament and tendon problems. In addition our osteopaths have considerable experience and special interest in sport which enables them to provide effective self help advice based on their training and personal experience.

SPINE PLUS- MEDICAL ACUPUNCTURE

When most people think of acupuncture they think of Traditional Chinese Acupuncture (TCA) as practised by Chinese acupuncturists and some physiotherapists. However Medical Acupuncture (MA) is different to TCA in several ways. MA is practised by medical doctors and allied health professionals who have taken the relevant extra training. MA fits into a western medical framework of diagnosis based on a modern understanding of human anatomy and physiology rather than the eastern based philosophy of TCA. With MA fewer needles tend to be used and the main targets are trigger points within tight muscles that cause localised and/or referred pain. Therefore needle penetration tends to be deeper with MA, the needles penetrate directly into the muscles rather than going just under the skin as is most often the case with TCA. This is usually not as painful as one might think since the needles used tend to be very thin, although a distinct and characteristic twitch is usually felt within the muscle which signifies the practitioner has hit the exact spot causing the problem. Due to this exact and direct approach MA usually provides significant relief in symptoms even after the first treatment. One of the ways in which MA is thought to work is by stimulating blood flow to areas within the muscles which have become starved of blood due to being extremely knotted or tight, these are the trigger points. Stimulating blood flow to these trigger points brings with it oxygen and other nutrients which help the trigger point relax and recover, thus reducing pain.

At Spine Plus medical acupuncture is performed by our osteopaths, all of whom have undertaken the relevant postgraduate training. Medical acupuncture is available in conjunction with osteopathic treatment (at no extra cost) or as stand alone treatment.

For those who do not like the idea of using acupuncture needles we offer acupressure as an alternative. While the results from acupressure may not be as quick or as effective as using needles it can still be a highly successful approach for a range of conditions, especially tension headaches and other myofascial referred pain syndromes.

We will even teach you how to use medical acupressure on yourself. When used as a back up to treatment from our therapists this usually delivers particularly successful results.

SPINE PLUS – SPINAL DECOMPRESSION THERAPY

At Spine Plus we offer a specific mechanical treatment modality for treating pain and discomfort associated with a range of intervertebral disc problems including herniated or bulging discs. The name of this treatment is Intermittent Sustained Spinal Traction (ISST). ISST can be used on the neck (cervical spine) as well as the low back (lumbar spine) and is based on traction whereby a harness is used to apply precise mechanical pressure that slowly stretches the vertebral segments apart thus offloading and decompressing the intervertebral discs. ISST is an ideal form of non-invasive treatment for those who have been told their condition is not severe enough to warrant surgery but who have tried other types of physical / manual therapy and had poor results.

Whilst not exactly the same, the form of ISST that we use is similar to Intervertebral Differential Dynamics (IDD) therapy as performed by the Accu-SINA machine which has gained particularly notoriety in the USA. Spinal traction of old used to involve the patient being strapped onto the traction equipment and then being left in state of constant static stretch for up to 30 minutes. ISST / IDD differs to static traction in that the stretch is applied intermittently, the force is applied for 30 . 60 seconds then released for 15 to 30 seconds, the cycle is repeated for 6 to 20 repetitions. This style of intermittent traction is thought to be superior to static traction by allowing more fluid and therefore nutrients to be drawn into the disc. Sustained traction can lead to prolonged stretching of surrounding muscle and ligaments, which in turn can lead to temporary pain and muscle spasm. Intermittent sustained traction is less likely to lead to these adverse reactions. Symptoms that can be helped with ISST will normally show signs of improvement within 3 sessions, optimum results will often come from a course of up to 20 sessions and it can sometimes be necessary to use infrequent top up sessions to maintain progress.

Prior to receiving ISST we require that all clients undergo a thorough assessment with one of our osteopaths to determine their suitability to ISST.