

Osteopathy for children and teenagers

IMPORTANT: The following information is intended to help children and teenagers who are preparing to visit our Osteopathy practice. We always recommend that you discuss any health concerns with your GP.

What is Osteopathy?

If you are preparing to visit an Osteopath for the first time, you may be wondering who they are and why you need to see them.

An Osteopath is somebody who helps look after your musculoskeletal system. This means your muscles, joints, tendons, ligaments, and nerves – which all work together to support the way your body moves and grows.

Osteopaths help all kinds of people, from babies, children, and teenagers, through to fully grown adults. In fact, they can even treat animals!

If you're about to see an Osteopath, it might be because you've noticed some pain or discomfort in your body, which may be completely new to you, or it could be a pain you've been experiencing for some time.

If you have noticed any pain or discomfort, you should always discuss this with your parents/ carers. In some cases, they might suggest that you would benefit from visiting an Osteopath.

Whatever the reason for your visit, remember that Osteopathy is a very safe and gentle technique, which is focused on helping your body stay healthy and feel more comfortable.



Why do you need Osteopathy?

It might surprise you to hear that many children and teenagers visit Osteopaths every day all over the world.

Your childhood and teenage years are a time when your body goes through lots of changes, and sometimes these changes, combined with your usual daily activities, can cause you to feel some pain and discomfort. This is a perfectly normal part of the huge transition your body is making from being a child to becoming an adult.

It is very common for children and teenagers to notice pains, especially if you do a lot of sports and physical activities. Some complaints can also be caused by your posture and lifestyle.



The Sharon Winkler Osteopathic Practice

BSc (Hons) Osteopathy, PG Cert (Small animal rehabilitation therapy)
Osteopathy for people and animals / veterinary physiotherapy



What will happen during your appointment?

Your parent or carer will be with you during your appointment. You may already have answered a few questions before you arrive, which will help your Osteopath understand how to help you.

When we see you, we will need to examine your spine, so we usually ask you to remove your top for a few minutes (or you can just lift it up so that we can see your back if you prefer). It is best if you wear loose, comfortable clothing.

We will initially ask you to do a few simple movements, to help us see how your body moves.

Osteopaths are trained to identify what might be causing your complaint. We use a series of

very gentle techniques on your body, including massage, manipulation, stretching and the cranial osteopathic technique, all designed to relieve any pain and discomfort you have been experiencing.

And finally...

We understand that it can be annoying and sometimes quite worrying if you feel any pain or discomfort in any part of your body, especially if it is getting in the way of you doing your usual activities.

Remember that it is very normal to need to see an Osteopath at your age. Your body is an amazing thing, and by coming to see us you are taking a very positive step towards helping your body to stay healthy and happy... so that you can get back to doing all the things you enjoy!

We look forward to seeing you soon at the Sharon Winkler Osteopathic Practice



The Sharon Winkler Osteopathic Practice

01707 257880 | enquiries@sharonwinkler.co.uk
45 Chelwood Avenue, Hatfield, Hertfordshire AL10 0RF