

Karen Withington BSc (Hons) Ost



Karen has been in full time practice as an Osteopath for over 10 years. She trained at The British School of Osteopathy, London and qualified in 1997. Karen has practised privately in three large GP surgeries in Berkshire where she has worked alongside GPs, nurses and midwives.

Karen has a special interest in the Osteopathic care of pregnancy related back pain. Her treatment is founded on a thorough understanding of anatomy and physiology of pregnancy. She is highly skilled in examination and treatment of muscular and skeletal problems. Karen believes that understanding what has gone wrong and why is essential for healthy recovery.

Karen's treatment is also suitable for a wide variety of non-pregnancy related conditions, such as upper and lower back pain, headache and migraine, sciatica and trapped nerves, tennis elbow, Achilles tendonitis and other sports injuries.

She is a full member of her governing body, The General Osteopathic Council (GOsC), as required by law to practice as an Osteopath in the UK. She is a full professional member of BackCare, the national charity for healthier backs.

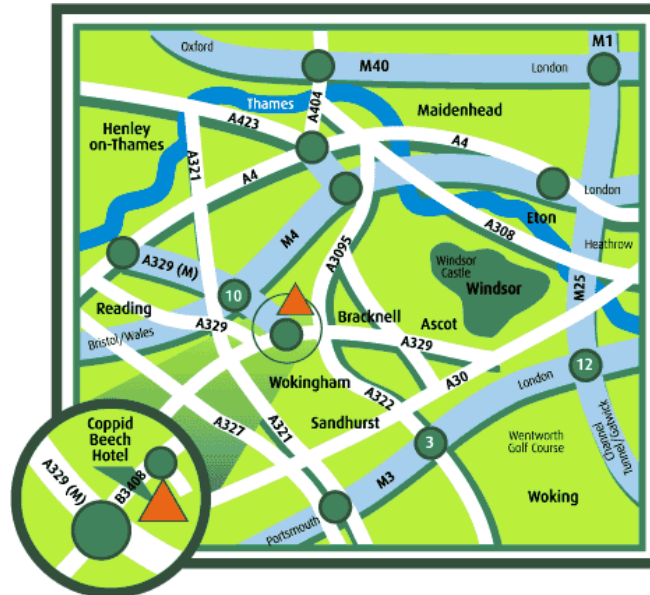
Karen is registered with many private health insurance companies including BUPA and PPP AXA.

"understanding what has gone wrong and why is essential for healthy recovery...."



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BackCare
The Charity for Healthier Backs

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Pregnancy Related Back Pain



*The simple path
back to health*

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Pregnancy Related Back Pain



Most back pain during pregnancy develops due to the change in hormone levels and the physical effects of the growing baby. The hormone Progesterone helps soften ligaments and other tissues in the body, allowing joints to relax and stretch,

to help the body adapt to pregnancy and prepare for birth.

A ligament is a tough, fibrous, in-elastic structure that attaches from one bone to another. Normally it's job is to act as a restraint; it controls and stabilises movement within a joint to prevent the joint from stretching too far. These progesterone-softened ligaments are not as good at limiting the amount of movement so normal everyday activities offer a higher risk of overstretching, sometimes resulting in joint injury and acute back pain.

Softened ligaments do not tend to offer as much support to joints. The surrounding muscle tissue has to work harder to stabilise and control the spine to make up for the loss of support. This can lead to muscle fatigue and a tired, aching feeling, often felt in the lower back or neck and shoulders.

When standing the body forms a tall column. Muscle, joints and other receptors in the body cleverly maintain it's centre of gravity, it's balance point, to stop it toppling over. During pregnancy, the weight of the baby is carried towards the front of the body, tending to shift the centre of gravity forward. In order to counter-balance that shift the muscles in the spine, thighs and calves have to work harder to help you to stay upright. This extra workload can cause muscles to feel tight and sore.

How can Osteopathy help during pregnancy?

Osteopathy is a 'hands on' form of treatment for patients with problems of a muscular and skeletal nature. The treatment aims to improve the mechanical function of your body to minimise excessive strain on it's muscles and joints. Healthy function of your body will help it to adapt to it's rapidly changing shape.

The treatment process uses soft tissue release and gentle articulation techniques to address poorly functioning areas in your body's structure. Osteopathy can help to reduce stress and strain through your pelvis, improve your flexibility and prepare your body for the birth process

It is also effective for helping the body to regain healthy, balanced posture after the birth of your baby.

What symptoms can Osteopathy help?

- ▶ Acute mechanical pain from injury
- ▶ Lower back ache & muscle fatigue
- ▶ Trapped nerves
- ▶ Neck and shoulder pain
- ▶ Headache & Migraine
- ▶ Mechanical pelvic pain
- ▶ Pubic symphysis pain
- ▶ Poor pelvic positioning
- ▶ Calf tightness
- ▶ Pre-existing muscular & skeletal conditions

Active Body Care also offers:

- ▶ Check-ups throughout your pregnancy
- ▶ Preventative & Postural Advice
- ▶ Help to regain healthy posture after birth

Is Osteopathy safe during pregnancy?

Osteopathy is a very natural form of treatment. It does not use any drugs or equipment. The treatment uses gentle techniques performed using simply the hands and is safe at any stage of your pregnancy. It can be highly beneficial after the birth.

What about exercise?

Sometimes gentle stretches and exercises are advised. These exercise will only be suggested after careful assessment to ensure that they are appropriate for you. You will be shown exactly how to perform any recommended exercises safely and effectively.

Treatment Fees

Initial Consultation £45

Follow-Up Consultation £40

Many private health insurance companies now cover Osteopathy including BUPA and PPP AXA. Please check your policy details with your insurance provider. Please mention when booking.