

Common Ground

- Cramp
- Shoulder complaints
- Cervicogenic Headache
- Joint pains (incl OA hip/knee pain)
- General, acute & chronic backache,
- Sciatica
- Uncomplicated mechanical neck pain
- Generalised aches and pains
- Lumbago
- Migraine prevention
- Minor sports injuries
- Muscle spasms
- Tension and inability to relax