

Where do you hold stress in your body?



For many of us, we hold it in our shoulders, head, neck, and jaw.

Try these tips to help you relieve tension:

#1. Posture

Make sure you are strengthening your postural muscles regularly, bringing your head back over your shoulders, shoulders over your hips – keeping a long, tall spine.

#2. Regular Movement

Helps stretch and lengthen your body and spine to take pressure off your joints. You can do this throughout the day and before and after any further exercise, to help soften

the muscles that get tired after a long day.

#3. Work Space

The way you stand, sit, drive or even walk can be impacting your health in ways we can call, 'difficult habits'. Our posture affects the way we breathe and our health. Osteopathy helps treat the underlying factors such as the instability of the joints and the associated inflammation. Once the pain is reduced, specific exercises and specialised osteopathic techniques are utilised to achieve lasting relief.

Osteopathic Treatment has available:

Soft tissue techniques as well as manipulation and

stretching to correct the relevant area in the spine to reduce pain, including Cranial Osteopathy.

Lifestyle modifications; Improving posture and movement patterns to reduce stress on the body. David provides together with Osteopathy:

- Prevention Advice
 - Acupuncture
 - Stretching and strengthening
 - Exercise Prescription
 - Postural retraining
 - Ergonomic & Best Practice assistance
- Osteopathy aims to solve pain; by diagnosing the cause, then using treatment, to facilitate the balance of your tissues.

Best wishes, David

"I've been able to continue my hobbies of golf and gardening"

Registered **OSTEOPATH**
DAVID GRAY BSc (Hons)
Gentle & Effective Pain Relief for all ages

www.davidgray-osteopath.co.uk

"I can recommend his holistic approach and way of working without hesitation."

Treating: Chronic & Acute Back & Neck Pain, Sciatica, Whiplash - Associated Disorders
Joint - Muscle, Ligament Strains, Frozen Shoulder, Pregnancy Pain.

Children & Babies: Cranial Osteopathy is a gentle & non-invasive treatment.

Sports Injuries: Tennis Elbow, Running Injuries, Tendonitis, Joint Pain.

Treating: Knee Pain, Coccydynia, Rotator Cuff Pain, Knee & Hip Osteoarthritis, Shoulder Pain.

Contact him directly on **07973 297 438** or on **01844 354 737**

Osteopathy with Cranial Osteopathy & Acupuncture

Clinics: in Chinnor and Princes Risborough