

Osteopathic support for women during perimenopause and menopause?



Osteopathy supports women during perimenopause and menopause by addressing musculoskeletal, circulatory, and hormonal changes through a holistic hands on and lifestyle changes approach.

We focus on improving mobility, reducing tension, and enhancing blood supply plus venous and lymphatic drainage. In these ways, osteopathy helps a person's body function better and can alleviate symptoms such as joint pain, stiffness, and muscle tension.

David sensitively, provides guidance on posture, ergonomics, and lifestyle adjustments, to promote wellbeing during this often complex transitional phase of life.

Women often experience joint pain, muscle tension, hot flashes, and changes in body composition during perimenopause and menopause. Osteopathy helps by using gentle hands on approaches such as cranial osteopathy, joint mobilisation, and myofascial release.

Treatment improves, mobility and reduces discomfort also addresses postural imbalances and tension.

Osteopathy can alleviate physical strain, improve circulation, and support overall quality of life. David's osteopathic techniques support complaints being reduced in individually different ways and quality of life can be improved.

Osteopathic approaches such as visceral manipulation, soft tissue release and cranial osteopathy aim to enhance circulation and lymphatic flow, supporting hormone regulation and systemic balance. Gentle joint adjustments and release techniques can alleviate physical restrictions that may impact the body's natural hormonal and metabolic functions, contributing to overall wellbeing during menopause.

Fatigue during menopause often stems from excess physical tension, poor circulation, or disrupted sleep. With Osteopathic treatment, gentle appropriate techniques, achieve general relaxation and harmonisation of the entire body.

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, 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
Clinic in Chinnor

