

# **OSTEOPATH**

**Susan Pawsey**

MSc DO

Registered  
with the  
General Osteopathic Council

**45 Slayleigh Lane**

**Sheffield S10 3RG**

**Tel 0114 230 3201**

[www.sheffieldosteopath.co.uk](http://www.sheffieldosteopath.co.uk)

**Receptionists**  
**Jan Leeming**  
**Susie Ince**

Recognised by Westfield, PPP and other major Health Insurance companies.

Appointments are available

Mon: 9 am - 4.45 pm

Tues: 9 am - 4.45 pm

Wed: 9 am - 12.45 pm

Thur: 9 am - 4 pm

Each appointment lasts approx 30 minutes. Initial consultation may last up to an hour.

A fee of £40 is charged for each treatment (Cash or cheque only)

Please note that we do require twenty-four hours notice for cancellation of appointments.

School Traffic & Journey Times:

Fulwood Road is particularly busy at the beginning and end of the school day. Extra time needs to be allowed for the journey if your appointment coincides with these

Osteopathy is an established system of diagnosis and treatment that lays particular emphasis on the optimum working of the body's framework. The aim of treatment is to reduce painful symptoms and improve mobility so that you make full use of all available energy, can concentrate on the important things in life and not be hampered by pain and stiffness.

All Osteopaths are registered with the General Osteopathic Council by law which confirms they will all have been trained to the same high rigorous standards. Patients enjoy the same safeguards as they would when they consult a doctor or dentist.

We are a family friendly practice and we have a well stocked toy cupboard and bookcase which helps my receptionists entertain children while the parent is being treated.

Drivers, partners or friends of patients are always welcome to come in and wait.

I treat a whole range of patients from young babies to those who have enjoyed many years of retirement.

The range of conditions that can be helped by osteopathy is too varied to list here but I am not just a bad back specialist.

Many patients find that regular treatment improves their general health and enables them to enjoy life to the full.

Osteopathic treatment can involve a variety of techniques including muscle and connective tissue stretching, rhythmic joint movements or high velocity thrust techniques to improve the range of movement of a joint. Gentle releasing techniques are often used, particularly when treating children or elderly patients. Osteopathic treatment is patient centred, which means the treatment is geared to you as an individual and I always take into account your comfort.

If I feel that I may need additional investigations such as x-rays, or blood tests, I will usually refer you back to your GP.

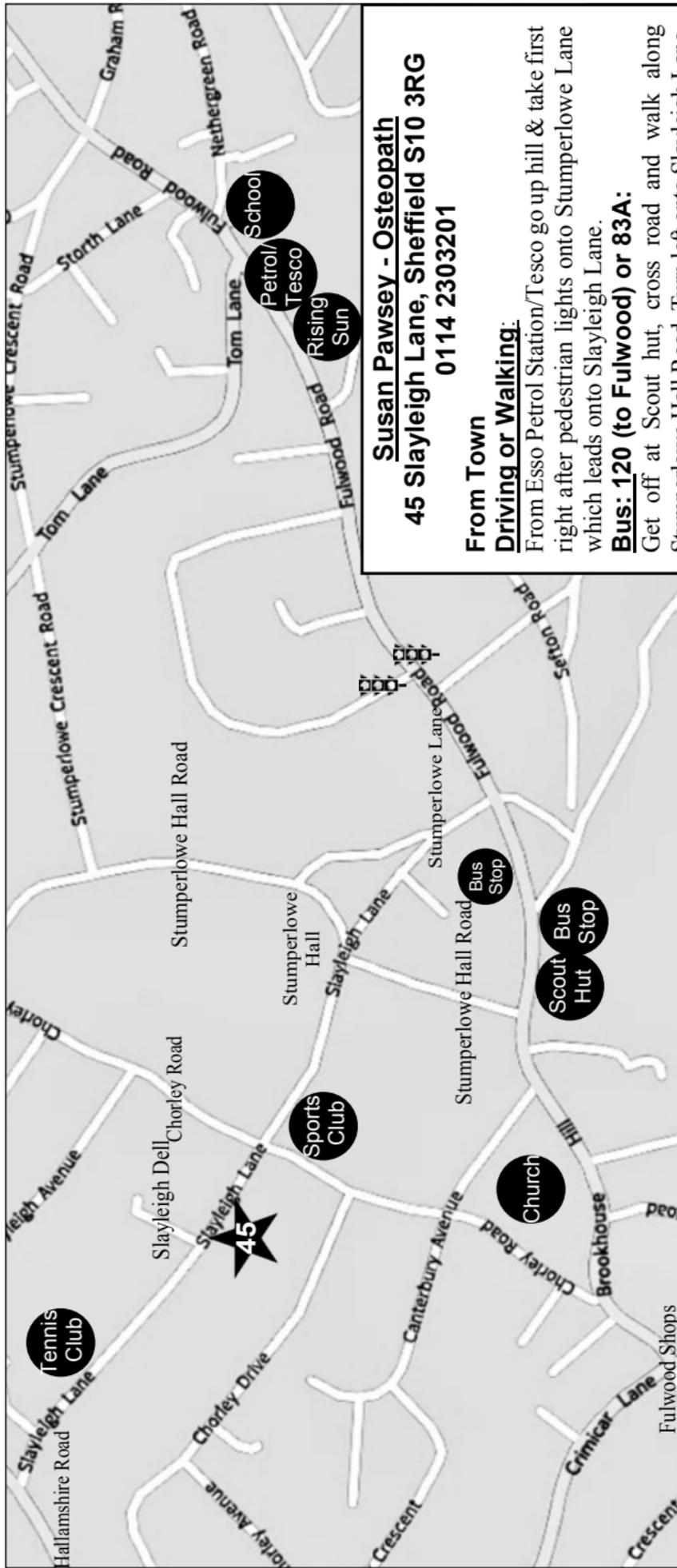
When you visit me for the first time I will take a full, detailed case history and then examine you so that I can assess which movements are restricted, or give rise to discomfort.

I will normally ask you to remove some of your clothing and to perform a simple series of movements.

I will then examine you Osteopathically using my trained sense of touch called palpation. This will allow me to identify any points of weakness, tenderness or excessive strain to complete my diagnosis.

If your condition will benefit from Osteopathic treatment I will draw up a suitable treatment plan with you.

I feel that it is important for you to be fully informed about what your treatment will involve. I encourage you to discuss what I am doing and how I may help you back to optimum health.



**Susan Pawsey - Osteopath**  
**45 Slayleigh Lane, Sheffield S10 3RG**  
**0114 2303201**

**From Town**

**Driving or Walking:**

From Esso Petrol Station/Tesco go up hill & take first right after pedestrian lights onto Stumperlowe Lane which leads onto Slayleigh Lane.

**Bus: 120 (to Fulwood) or 83A:**

Get off at Scout hut, cross road and walk along Stumperlowe Hall Road. Turn left onto Slayleigh Lane.