

Marylebone Health Centre

17a Marylebone
Road
London
NW1 5LT

Appointments: 020 7935 6328

Information on Osteopathic and massage therapies

The Marylebone Health Centre, an NHS practice, has been a pioneering practice in integrating mainstream GP services and complementary therapies for more than 25 years. Patients registered at the Marylebone Practice can benefit from **free** complementary therapy services like osteopathy provided you are referred by our GPs. These are limited to six sessions within the same year. However you do not need to be registered with this practice if you wish to have private treatment. In this case a GP referral is not necessary. These treatments can be privately funded (normal fee £60) or covered by private health insurance schemes.

Our fees are affordable for a central London practice with generous discounts offered to the non-waged like pensioners, students, unemployed and the disabled.

About osteopathic treatments:

Osteopathy seeks a patient's well-being mostly through the manipulation of muscles, joints and bones.

The focus is on treating the causes, not just the symptoms.

It is best known for treating:

- Sciatica • Back pain
- Whiplash problems
- Muscle stiffness
- Arthritis • Spinal problems
- Sports injuries
- Work related strains
- Tension headaches
- Tendonitis • Stress & anxiety

On your first consultation you will undergo a physical examination and in some cases may need referral for x-rays or scans.

These may be carried out privately or under the NHS.

Treatment fee: £60

About massage treatments:

Therapeutic massage physical and mental relaxation. Massage improves circulation, helps to remove toxins, rejuvenates the skin and improves overall muscle tone. It reduces blood pressure and with it stress, tension and anxiety.

Swedish Massage:

Gentle and relaxing.

Sports Massage:

Rigorous, energetic and aimed to rehabilitate specific muscles and joints related to sports and activity programs.

Deep Tissue Massage:

Assertive like sports massage and more general like Swedish massage treating most of the body's muscles. Therapeutic massage physical and mental relaxation. Massage improves circulation, helps to remove toxins, rejuvenates the skin and improves overall muscle tone. It reduces blood pressure and with it stress, tension and anxiety.

Treatment fee: £60

For more information please call our appointments line: **020 7935 6328**

Visit our website: www.marylebone-osteopathy.uk or email us at: marylebone-osteopathy@gmail.com

(Private patients can also call our other reception at Bloomsbury Osteopathy **020 7387 9777**)