



IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
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Who's Who?

Osteopathy

Zara Ford
Alex Prince
Kathryn Harper
Steve Harper
Esther Barton
Gemma Sperring



Chinese

Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Sports Massage

Tom Riddell

Physiotherapy

Linda Isaacs
Tanya Hewitt

Hypnotherapy

Gary Condon

Homeopathy

Wendy Heath

Pilates

Justine Blaber
Gemma Hitchins
Rebecca Rock

Suspension Training

Jo Gallagher

Meditation/Mindfulness

Fiona Boag

Sports Medicine Dr

Jonathan Williams

Clinic Manager – Pattie White

Reception - Sheelagh, Sue,
Carole, Alison &
Jane

Difference between an Osteopath and a Chiropractor

This is probably one of the most commonly asked questions in the clinic and answering it from an osteopath's perspective is likely to be contentious in the eyes of a chiropractor and vice-versa. However, the general consensus is that whilst they are similar in many respects, there are subtle differences between osteopathy and chiropractic approaches.

Similarities

Both share a common history and philosophy which set them apart from the more traditional allopathic fields of medicine.

The primary objectives of both osteopathy and chiropractic are most frequently the relief of aches and pains in the body.

Both treat more than just spinal, joint and soft tissue injuries.

Both work on the nervous system and blood supply in order to influence all the bodily systems. This makes them capable of alleviating the symptoms of many diagnosed medical conditions such as circulatory problems, digestive disorders and migraine prevention to name a few.

In diagnosing patients, osteopaths and chiropractors both use observation, touch and treat patients not the conditions.

Differences

The founder of osteopathy, Andrew Taylor Still taught the founder of chiropractic, Daniel David Palmer.

Chiropractors tend to focus mainly (but not exclusively) on the alignment of the spine as the primary means to relieve pain by preventing any compromise of the nervous system, whereas osteopaths look at the body as a whole and help improve its function by correcting the overall structure.

Osteopaths treat a broader range of functional problems, including issues such as circulatory and digestive system disorders.

Chiropractors use more diagnostic procedures such as X-rays, whereas Osteopaths place more emphasis on physical examination, and will generally refer patients on for more diagnostic procedures if required.

Osteopaths tend to use a greater variety of techniques to influence the body's own innate healing system such as muscle and soft tissue work, joint articulation and manipulation, whereas chiropractors use a wider number of techniques for the "adjustment" on the vertebrae, similar to osteopathic manipulation, to facilitate optimal nerve transition. Chiropractic appointments tend to be shorter (in most cases) as they primarily focus on adjustment techniques which are quicker to carry out.

Osteopaths spend more time with their patients per visit as their approach is broader and treatments tend to be spaced out over a longer period of time.

Chiropractors tend to see patients more frequently.



Healthy Christmas

Healthy living

- Stick to a healthy eating plan. Because store shelves are bulging with piles of chocolates, sweets and crisps does not mean you have to buy them.
- Ignore the special offers. Do not buy three of something you would not usually buy because it is Christmas.
- Keep your cupboards filled with healthy things. This is the best time of year for citrus fruits, so stock up on Satsuma's and oranges.
- If you exercise, keep to your schedule. Do not abandon your routine due to the dark nights and cold mornings over the holiday period.
- Watch what and how much you drink. The after work parties, meals out and social visits can involve drinking more than usual. Remember alcohol consumption can be detrimental to your health.

Guidelines for going out

- Eat before you go out.
- Make your first drink sparkling water. It will quench your thirst and prevent you from gulping down lots of drinks afterwards.
- Match each drink with a glass of water. You will stay hydrated and not drink too much. If you do not drink alcohol, stick to fruit juices instead of pop.
- Water with a slice of lemon or lime is a good alternative as well.

Whatever you do over the Christmas period -
Enjoy and have a Merry Christmas.



Christmas Opening Hours

23rd December - Normal Hours

25th & 26th December – Closed

27th to 29th December - Emergency service

30th - Closed.

1st January - Closed



If you need an emergency appointment over the Christmas/New Year period, please phone the Practice before 10am and we will do our best to fit you in the same day.

A joyous Christmas greeting to you and yours – thank you for your trust and belief in us. We look forward to serving you in the coming year.

From Zara, Practitioners and staff

Christmas Crackers!

They say in the first part in the song Rudolf the Red Nosed Reindeer there are only 8 reindeer but there are really 12. First there is Rudolf, of course. Then there is Olive, Olive the other reindeer. Then there is Howe, and Howe the reindeer loved him. Then there is Andy, Andy shouted out with glee. There are 12 reindeer in all.

Who's the bane of Santa's life?
The elf and safety officer.

How do you scare a snowman?
You get a hairdryer!

Why is Santa so good at karate?
Because he has a black belt!

What do you get when you eat Christmas decorations?
Tinsilitis!



Contact Details

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