

About The White Practice

The White Practice was established in 2007 offering professionalism and excellence in manual healthcare. Our team of Osteopaths offer appointments six days a week. Emergency appointments and Home Visits are also available.



Initial consultation

Adult £65 / Child £60

Follow up consultation

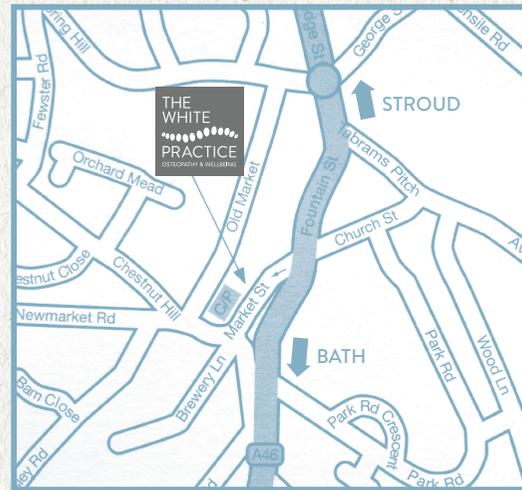
Adult £50.00 - Child £45.00

All consultations include treatment, when safe to do so.

Also available - Complimentary Therapies

We have further information on our website regarding the complimentary therapies we offer at the practice.

Find Us



The White Practice
14 Market Street
Nailsworth
Gloucestershire
GL6 0BX

The White Practice is open 6 days a week

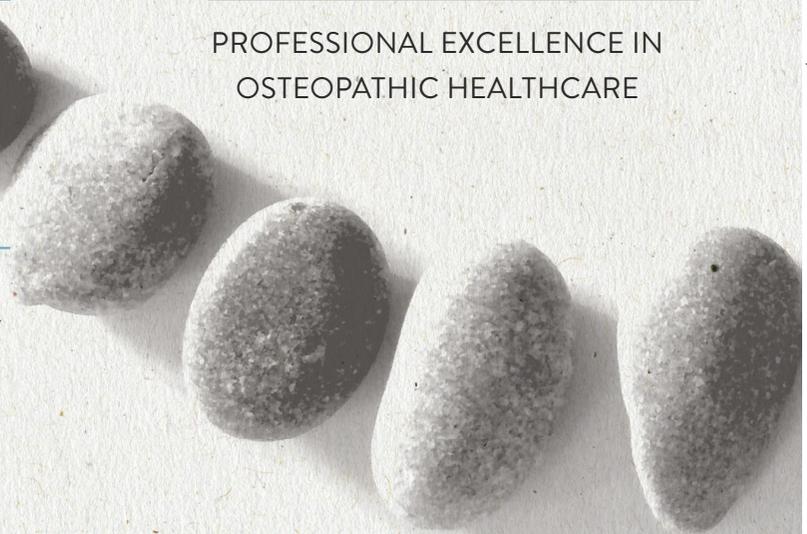
You can book online at:

www.thewhitepractice.co.uk

Telephone: 01453 832515

Email: enquiries@thewhitepractice.co.uk

“Fantastic service. Very friendly staff and very helpful. Treatment has helped a lot thank you” JC



PROFESSIONAL EXCELLENCE IN
OSTEOPATHIC HEALTHCARE

THE
WHITE
PRACTICE
OSTEOPATHY & WELLBEING

www.thewhitepractice.co.uk
Email: enquiries@thewhitepractice.co.uk

“Very pleasant and helpful care”

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Tel: 01453 832515

OSTEOPATHY - FROM NEWBORN BABIES TO ELDERLY ALL CAN BENEFIT

What is Osteopathy?

Osteopathy recognises that the body is an intrinsically self-healing, self regulating, and self correcting mechanism. Lifestyle can lead to imbalance and strain on the body which can disrupt these mechanisms creating pain and dysfunction. By using manual techniques the Osteopath aims to correct imbalances and strains, allowing the body to heal and repair.

At The White Practice, as well as relieving your pain we aim to demonstrate how and why it has occurred, and enable you to make the necessary adjustments to lifestyle to remain pain free. We also offer maintenance treatments should this be required.

Professionalism and safety

The General Osteopathic Council (GOsC) regulates osteopathic training and practice. Osteopaths must be registered with GOsC and have carried out a 4 or 5 year medical degree as well as keeping training up to date with regular professional development.

- The National Institute of Clinical Evidence (NICE) guidelines recommend manual therapy performed by osteopaths for back pain.

- The Government's NHS Choices websites regards Osteopathy as a safe form of treatment.

- The National Council of Osteopathic Research report high patients satisfaction with osteopathic treatment and low risk of serious adverse reactions to osteopathic treatment.

At The White Practice we take our work extremely seriously aiming for the highest standards of professionalism. We have a holistic approach that encompasses a wide range of techniques to restore your health and keep you pain free. We have good working relationships with local GP Surgeries, Orthopaedic and Neurological Consultants and access to imaging facilities when X rays or MRI scans might be indicated.

“Great! My husband recommended The White Practice. I've jumped on the bandwagon! They are brilliant and I definitely recommend them” LB

Symptoms suitable for osteopathic treatment:

- Spinal pain - back and neck
- Sciatica
- Limb pain-arms and legs
- Frozen shoulder
- Sporting Injuries
- Headaches and Migraines
- Stress related conditions
- Treatment for babies and children
- Antenatal care for pregnancy related problems
- Neonatal care for unsettled babies

“The White Practice is absolutely brilliant! The online booking system is extremely efficient, I always get an appointment within a very reasonable time. Excellent expertise and professionalism. Highly recommended” L.W.

Frequently asked questions

What should I wear? For effective treatment skin contact is sometimes required, you may be asked to undress to shorts / vest top. This is at your discretion and we are happy to treat through loose clothing.

Does it hurt? We aim to treat as gently as possible, if you are in pain let us know and we can modify our techniques to better suit you. You may feel stiff /sore after the treatment similar to post exercise soreness - this normally resolves in a day or so.

Do I need to see my GP first? No, unless your insurance company requests a referral from your Doctor. You can self refer to an Osteopath, your Osteopath can refer you for MRI scans and further Consultant appointments if required.

How many treatments will I need? This depends on your condition and the length of time you have been in pain. Normally simple conditions resolve in 2-3 treatments with more complex conditions taking 5-6 treatments. We aim to keep number of treatments to a minimum and this will always be discussed with you.

Typical Consultation

A first consultation will take up to 45 minutes. After listening and discussing your problem and general medical history with you, we will examine the painful area as well as asking you to perform some simple movements to assess posture and function.

Having established a diagnosis we will discuss this with you and together form a treatment plan. We always aim to treat you during the first consultation as long as it's safe to do so.

Follow up treatments will be up to 30 minutes. We will question you about the response to treatment and progress since the previous session, then continue with the treatment as appropriate.