

## THERAPY COLUMN

### In this issue Dr Susie Rockwell talks about Holistic Medicine at the Sussex Back Pain Clinic:

I am an NHS GP (at Portslade Health Centre) where I have been a partner since 1993 but became increasingly frustrated at the time constraints and "pill for every ill" culture of General Practice and wanted to deliver a more holistic form of healthcare.

I trained first in Homeopathy and then in Nutritional Healing and latterly in some Cognitive Behavioural Therapy (CBT) techniques. I joined the Sussex Back Pain Clinic in 2007 where I attempt to integrate the above therapies whilst also using my experience in conventional medicine to create what I hope is a truly holistic integrated form of healthcare.

Homeopathy is a system of medicine that aims to help the body to heal itself. It works on the principle of "using like to cure like". This means that a patient is treated with natural medicines which if taken in large quantities by a healthy person would produce symptoms similar to those that the person being treated is experiencing. The treatment of each person is individualised not just according to that person's symptoms, but takes into account their likes and dislikes, personality and many other factors such that each treatment, like each person, is unique.

Homeopathy can be used to treat a wide range of conditions including many non specific cases where conventional medicine may struggle to find a "label" and has little to offer. It is particularly effective in hormonal problems such as PMT and menopause symptoms, anxiety, mild depression, irritable bowel syndrome, allergies, recurrent infections and skin complaints and can be safely used in pregnancy.

Children respond particularly well to homeopathy which can be used to treat a wide variety of childhood illnesses including recurrent conditions such as asthma, tonsillitis, glue ear, eczema & mild behavioural problems etc.

Nutritional Therapy can be helpful for a large number of people whose busy lifestyles and other factors mean that at times people are being virtually poisoned by the diet they are consuming. An increasing number of people are suffering from food intolerances and irritable bowel syndrome etc. I find that food intolerance exclusion diets can sometimes be helpful to sort out what is going on in these cases.

In my consultations I use a combination of homeopathy, nutritional therapy, and some CBT techniques, which I tailor to what each individual wants and whatever seems most appropriate during the consultation.

For more information see my website on [www.susierockwell.co.uk](http://www.susierockwell.co.uk) or email me on [dr@susierockwell.co.uk](mailto:dr@susierockwell.co.uk) or phone the clinic for telephone advice.

*Dr Susie Rockwell*

## On Yer Bike

A big thank you to all our patients who sponsored myself and Matthew who once again donned the lycra to take on Ditchling Beacon to participate in the London to Brighton Bike Ride in aid of the British Heart Foundation for the second year running. With your help we managed to raise £348 to go towards this very worthy charity.



## And Finally...

We receive a newsletter in the practice each month and these made me smile so I'm sure the author won't mind if I borrow them...

I'M CHANGING BANKS. LAST WEEK I WENT IN AND ASKED THE GIRL TO CHECK MY BALANCE. SHE PUSHED ME OVER.

**I had to get a new roof recently. When I asked the builder how much, he said "it's on the house".**

When I started drafting this newsletter, I realised my pencil need sharpening. After struggling for a few minutes, I slammed it down and cried "This is no good, it's pointless".

Back Chat is published by the Sussex Back Pain Clinic to give information to patients and others about services, treatments and healthcare.

If you would prefer not to receive this newsletter please email [info@sussexbackpainclinic.co.uk](mailto:info@sussexbackpainclinic.co.uk)

Sussex Back Pain Clinic  
58 New Church Road, Hove, East Sussex, BN3 4FL  
Tel 01273 725667 [www.sussexbackpainclinic.co.uk](http://www.sussexbackpainclinic.co.uk)

SUSSEX  
BACK PAIN  
CLINIC

# back chat

NEWSLETTER 5 WINTER 2009 Osteopathy and integrated healthcare

SUSSEX  
BACK PAIN  
CLINIC

58 New Church Road Hove East Sussex BN3 4FL T 01273 725667 or visit [www.sussexbackpainclinic.co.uk](http://www.sussexbackpainclinic.co.uk)



Welcome to this long awaited edition of the Sussex Back Pain Clinic newsletter and I hope that it finds you in good health. The last few months have flown by and I can hardly believe that nearly a year has passed since the last edition. Apologies for the delay in producing the latest edition of 'backchat' and to all those who keep asking when our next newsletter will be coming out, your wait is over!

.....yours Steve Morris

## IN THIS ISSUE

**Are your headaches 'normal'?**

**We welcome our new team members**

**And find out all about Holistic Medicine**

## CLINIC CORNER

### Are your headaches 'normal'?

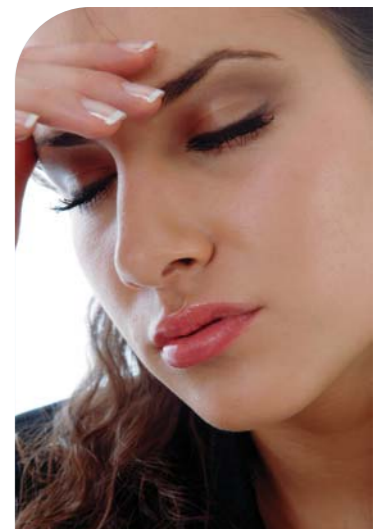
I lost count long ago when asked about headaches how many patients say that they suffer no more headaches than 'normal'. My question to them is always 'how normal is pain then?' As pain is designed to tell you that something is wrong, I have yet to find out what a 'normal' level of pain is!

Headaches are remarkably common, with 40% of the population suffering from these at any one time. The majority are not due to serious disease but can be so painful that they can severely disrupt lives. Although you may not immediately think that osteopathic treatment can help with these, they are in fact, the second most common problem that we see in clinic.

Mostly we see tension headaches, which are the most common type, often described as a tight feeling like a 'hat band' around the head they can give dizziness, tiredness and nausea. Pain may last for months and may be completely debilitating, being more severe than a migraine. They are due to increased tension in the muscles around the base of the skull or in the neck, which can affect the blood supply or the nerves into the scalp. Usually caused by poor posture or increased stress, they may also be associated with arthritis in the neck, problems with the jaw (TMJ) or with trauma such as a whiplash injury.

Despite the level of pain, headaches respond remarkably well to treatment with most patients reporting relief after the first treatment and we would expect you to be completely symptom free within 6 weeks, although most do need checking every 4-6 months.

In view of the recent discovery that pain killers can cause headache (known as analgesic rebound headache) Osteopathic treatment offers a real and effective alternative. If you suffer from headaches and wish to know more visit our website [www.sussexbackpainclinic.co.uk](http://www.sussexbackpainclinic.co.uk) or speak to your Osteopath to see if they can help.



## It's NICE to be recognised

Osteopathic treatment has at last been fully recognised by the National Institute for Health and Clinical Excellence (NICE). The recent guidelines for Low Back Pain brought out in May this year by NICE state that: manual therapy, including manipulation undertaken by an Osteopath, is a key priority for implementation into the NHS treatment for low back pain. This would mean that Osteopathy should be available on the NHS but how long this implementation may take is unknown at present.

## James joins the team



I am delighted to introduce the newest member of our team, Osteopath, James Pickard who joined us in September. He qualified from the British School of Osteopathy in London with a Bachelor degree in Osteopathy. His final year dissertation was on the topic of the biomechanics of feet and their importance in structural problems that may have widespread effects on the body. James treated patients within the biggest osteopathic clinic in Europe before moving back to the Brighton and Hove area where he grew up.

He is a qualified personal trainer and a black belt in karate, which has instilled in him the importance of health and exercise within the osteopathic field. Through his experience he specialises in bio-mechanical assessments, sporting injuries and exercise advice. I have known James and his family for many years and it is extremely rewarding to think that he decided osteopathy was for him, after spending some time at the clinic to see what it was all about. I have followed with interest his career so far and am delighted that he has now joined us. I am sure that he will be a real asset to the team.



## The End of an Era!

Jill Godbolt our longest serving receptionist decided to hang up the telephone for the very last time and retire in May. Jill joined us when we first started the practice at the present location and has seen it grow from a meagre 2 treatment rooms and a tiny reception room to the more spacious practice that we have today. In fact she was practically part of the furniture! Her help over the years has been invaluable and we would like to say a great big THANK YOU for more than 10 years of loyal service and wish her and her husband Graham a very happy retirement, although I still find it a little strange to see her on the 'other side' of reception when she comes in for treatment.

## And the beginning of a new one...

Many congratulations to Osteopath Penny Sawell and Alexander teacher Carl Trimmer who became proud parents for the second time to son Henry who was born at the end of August. Sadly Penny will not be returning to the Clinic as she has decided to dedicate her time to raising her two boys which I'm sure will keep her more than busy. Our best wishes go to her.



## Bon Voyage

As patients of Carl Surridge will already know, he has taken the opportunity whilst he can to take a sabbatical, spending the next 9 months (ish!) travelling around Europe with his family. Gaynor Roberts has joined the practice and will be looking after those of you who normally see Carl in his absence as well as taking over from Penny Sawell as our resident cranial expert treating babies and young children.



Gaynor graduated from the British College of Osteopathic Medicine (BCOM) with a first class honours degree in Osteopathic Medicine, and diplomas in Osteopathy and Naturopathy, before moving on to postgraduate training in Cranial Osteopathy and Paediatric Osteopathy with the Sutherland Cranial College.

She has a BA Honours in Psychology, and is a qualified Neuro-Linguistic Programming (NLP) Practitioner. She has lectured and tutored in Visceral Osteopathy to 3rd year students at BCOM, and also teaches classes in meditation and breath-work for health and wellbeing.

Gaynor has extensive experience of treating pregnant women, babies and children, improving mother and baby's health during pregnancy, and treating specific problems following birth, such as birth trauma, sleep and behavioural disturbances, excessive crying, digestive and respiratory issues and musculoskeletal problems. She treats patients of all ages, with a holistic and integrated approach, emphasising personal empowerment at all stages of her patients' journeys back to health. She has a special interest in mind-body medicine, psychoneuroimmunology and stress.

Since starting at the practice at the beginning of September, Gaynor has settled in really well and has a great rapport with patients of all ages.

## G'day!

Whilst we will all be enjoying our lovely English winter Chris Green will be enjoying barbies 'down under' as he is lucky enough to be taking a 'once in a lifetime' holiday to Australia after Christmas. Chris will be away from the practice from Christmas time, returning on 8th February 2010. James, along with the rest of the team of osteopaths, will be looking after his patients whilst he is away. As a group practice we ensure that all patient notes are held centrally and discuss patient cases when relevant. Chris will do a full handover before he goes away, so please rest assured that you will be well looked after in his absence. But fear not, Chris will be back in no time, suitably tanned, and I'm sure you will join me in wishing him a great time in Oz.



## The weekend starts here...

Just a reminder that we are one of the few osteopathic practices in the Brighton & Hove area that is open on Saturdays - and with full reception cover - so you can talk to a person instead of an answer phone! We are open from 9am to 2pm for osteopathy, massage and Alexander Technique. So, if you or any of your friends find it difficult to come in during the week, give us a call and we will do our best to accommodate you. Where possible, we keep an emergency appointment available for new patients who find that they need our help on the day, which is allocated on a first come first served basis.

## Meet the team



Steve Morris  
Osteopath



Chris Green  
Osteopath



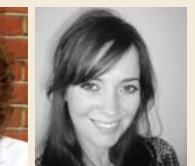
Liz Morris  
Osteopath



Matthew Abbott  
Osteopath



Beth Hazelwood  
Osteopath



Gaynor Roberts  
Osteopath



James Pickard  
Osteopath



Suzanne Burnett  
Massage therapist



Carl Trimmer  
Alexander Technique teacher



Shaun Harris  
Metabolic Typing Diet & CHEK Exercise Coach



Susie Rockwell  
Medical Homeopath