



Sharon Beckwith

Graduating from Surrey Institute of Osteopathy in 2014 with a degree in Osteopathic Medicine, I knew that I wanted to work in a community-based practice...and that I wanted to live by the sea!

I set up my own practice in Combe Martin and then when the opportunity also came to work with an exciting and diverse team of experts in Ilfracombe at the Body Aware Clinic I jumped at the chance.

My initial training encompassed both Structural and Classical approaches to Osteopathy. Osteopathy takes these principle of the 'body unit' further than the more commonly practised structural approach by treating the *person as a whole* including their so-called psycho-social context (the external environment and how they interact with it) and their physiology (the internal environment, how their organs, cells and biomes work). It also puts greater emphasis on the person's own ability to find balance thus healing him or herself and making the therapist more of a facilitator. Structural osteopaths often work more directly on the symptoms and may get faster results. I like to combine both approaches to ensure fast relief where possible but to effect more long term sustainable changes.

Since being in practice, I have added indirect approaches such as balanced ligamentous tension and fascial unwinding to my toolkit which similarly place more emphasis on the body's natural ability to correct itself but with just a little bit of outside help. I am also trained in Western Medical Acupuncture and Electroacupuncture which I frequently use as part of my treatments alongside joint mobilisations and articulations, soft tissue work, muscle energy techniques and occasionally manipulations if suitable. A gentle osteopathic approach and careful selection of the relevant techniques informed by experience and additional training has proven particularly appropriate for aspiring, expecting and recovering mums as well as infants and children.

Sharon Beckwith

Qualifications

BSc in Osteopathic Medicine

Foundation Certificate in
Western Medical Acupuncture

Level 3 ITEC in Sports and Holistic Massage

Member of the Institute of Osteopathy

I am fully registered with the General Osteopathic Council (GOsC) which is the UK's regulating body for osteopaths, details of which you can find on their Register under my name, Sharon Beckwith, or registration number 8903.



Initial consultation **£50**
(1 hour 20 minutes)

Follow-up consultation **£43**
(40 minutes)

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Body Aware Pilates

STUDIO & CLINIC



Osteopathy

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Osteopathy

Osteopathy is a person centred approach that strives to provide the optimum conditions for health by working with your body's own healing mechanisms to achieve results. It specialises in the diagnosis, management, treatment and prevention of musculoskeletal and other related disorders. It is a form of manual therapy that can have beneficial effects for a number of muscle and joint conditions.

Osteopaths use a wide range of gentle hands on techniques. Treatment varies between patients depending on your age, fitness and diagnosis, but often focuses on releasing tension, stretching muscles and mobilising joints. This treatment is hands-on and involves skilled manipulation of the spine and joints, and massage of soft tissues.

Occasionally osteopathic techniques can result in an audible 'click'; this is perfectly normal. Research evidence shows that these manipulations can have beneficial effects, especially in the back, helping you to return to normal activity.

Osteopathy sees the body as an indivisible unit, capable of self-repair and where everything is



connected – it presupposes that neither injury nor treatment can affect one part of the body in isolation. For Osteopaths, working with the nervous, pulmonary and cardiovascular systems (nerve supply, blood supply, lymphatic drainage, etc.) is key to understanding and addressing issues such as tissue damage, pain and mobility.

People seek osteopathic care for a wide variety of complaints, including neck or back pain, postural problems, joint or muscular pain, including arthritic pain in the elderly, sports injuries, recurring headaches and more. Many patients are pregnant mothers, unsettled children, those with work strain, or pain and stiffness related to advancing years.

An osteopath is also trained to check for signs of other serious conditions they cannot treat and advise you to see your GP or go to hospital. They should provide you with a letter explaining what they believe to be the problem.

What Can Be Treated?

Osteopathy can, in some cases, help with:

- * general, acute & chronic backache
- * neck pain
- * shoulder and elbow pain
- * frozen shoulder
- * tennis elbow (lateral epicondylitis)
- * generalised aches and pains
- * joint pains including hip and knee pain from osteoarthritis
- * headaches arising from the neck (cervicogenic)
- * migraine prevention
- * sciatica
- * cramp
- * muscle spasms
- * sports injuries and tensions
- * neuralgia
- * fibromyalgia
- * rheumatic pain
- * inability to relax
- * digestive problems
- * circulatory problems

Regulation

The practice of Osteopathy is regulated by the General Osteopathic Council (GOsC) in the UK. By law osteopaths must be registered with GOsC in order to practise.

You will find details of my registration on their Register under my name, Sharon Beckwith, or registration number 8903.

Read more about what to expect from an osteopathic consultation on the GOsC website www.osteopathy.org.uk and find out more about how the GOsC works with the Public and osteopathic profession to promote patient safety.

Our Code of Practice can also be found on there.

A wealth of information about osteopathy, how it works, its history and scope can also be found on the Institute of Osteopathy website www.ioosteopathy.org

