

Havenview Osteopathy

Move better, feel better.

**Common reasons people visit an osteopath:**

* Back / neck pain
* Headaches / migraines
* Joint and muscle pain
* Pregnancy-related discomfort
* Disc related issues
* Sciatica
* Plantar fasciitis
* Tendonitis / Bursitis
* Adhesive capsulitis (frozen shoulder)
* Tennis / Golfers elbow

Havenview Osteopathy use a tailored combination of **joint mobilisation/manipulation, stretching, movement, trigger point dry needling** and **targeted massage** to reduce pain and restore optimal function. Hands-on treatment is backed up with rehabilitative exercise prescription and advice. So whether you're recovering from injury or managing chronic discomfort, we’re here to help you move better and feel your best.

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