

Consultation Fees (1st January 2008)

First consultation and initial treatment:
(allow up to 45 minutes) **£40**

Returning patients within 12 months:
(allow up to 30 minutes) **£30**

Returning patients outside of 12 months:
(allow up to 45 minutes) **£40**

Health Insurance

Marc Jones is recognised by most (if not all) major health insurance providers. If your policy covers osteopathy, you should be able to claim your fees back up to your annual limit. Contact your provider to discover whether you require your GP's signature or have pre-approval.

Payment Methods

All fees must be settled at the end of each session, including health insurance claims:

- Cash
- Most credit and debit cards
- Cheques with a bankers card

“Refer a friend” Scheme

Word of mouth is everything. If as an existing patient you kindly refer a suitable friend or family member to the clinic and they become a new patient, we would like to say thank you and give you a £5 reduction on your next visit.

How to find us...

We are on the first floor of Magnolia House, on the corner of Stour Road and Arthur Road, next to the train station, street parking is available.
You will see our sign by the staircase.



Magnolia House, 19b Stour Road
Christchurch, Dorset, BH23 1PL
T: 01202 480360

E: info@christchurchosteopathy.co.uk
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Osteopathy in Christchurch



Mr. Marc Jones, BSc(Hons) Ost
Registered Osteopath

How do Osteopaths work?

Osteopaths are trained in many of the diagnostic procedures involved in conventional medical assessment and diagnosis (e.g. x-rays, scans), but osteopathy's main strength lies in the unique way that our patients are assessed holistically from a functional and postural standpoint.

If after a thorough case history and physical examination osteopathic treatment is indicated as being both safe and appropriate, osteopathic techniques are then used to promote positive changes to your damaged or affected tissues.

Treatment is aimed at improving tissue function and reducing inflammation by using gentle osteopathic techniques such as soft-tissue massage, manipulation and stretching in order to restore the normal anatomy and physiology of muscles, ligaments, joints, nerves and organs.

Osteopaths and Doctors

If he/she wishes, your doctor is allowed to safely recommend an Osteopath to you:

- Registered Osteopaths are recognised by the General Medical Council.
- The British Medical Association in 2006 stated that "... GPs can safely refer patients to practitioners in osteopathy..."
- Osteopaths are regulated by law just like doctors.
- 25,000 patients consult Osteopaths in the UK every day. A GP referral is not necessary, but it is helpful to your care.

How did Osteopathy begin?

Following the death of three of his children from spinal meningitis in 1864, US physician Dr. AT Still realised that the orthodox medical practices of his day were in many cases insufficient and in others harmful. Deciding that there needed to be more research, he devoted his next ten years of medicine to studying further the human body in an attempt to find other ways to treat illness and disease.

His medical research and clinical observations led him to believe that the musculoskeletal system played a vital role in health and disease and that, in principle, the body contained most of the elements needed to fix itself and stay healthy if properly stimulated and cared for. Dr Still discovered that by correcting problems within the body's structure through the use of careful manipulative techniques, (now known as osteopathic manipulative medicine), this natural ability of the body to heal itself could be greatly improved with fewer side-effects.

With this research, in 1892 he opened the first osteopathic medical school in the USA and by 1917 the British School of Osteopathy had opened in London.

Osteopath or chiropractor?

We are similar, but different, so whoever helps you most is the right one for you. Osteopathy is the older profession, especially in Britain, where we have twice as many Osteopaths than chiropractors. Try both, see which you prefer.

Christchurch Osteopathic Clinic

We are a small community-based clinic for Christchurch and the surrounding area that likes to offer a pleasant, professional and friendly service to those that appreciate it.

Who can we help? Pretty much anyone that has aches and pains from head to toe that needs some professional TLC with a friendly smile.

Who can't we help? If you are looking for a quick fix such as "putting my joint back in" and don't want a full assessment and diagnosis, then we're probably not the people for you.

**Mr. Marc Jones, BSc(Hons) Ost
Registered Osteopath**

Registered with:

- General Osteopathic Council
- British Osteopathic Association

Marc has been in practice as an Osteopath since 1995 in both the UK and Canada after graduating with a professional primary-care osteopathic (honours) degree from the British School of Osteopathy in London.

He has worked with many GPs, NHS patients on fund-holding contracts (in the 1990s), and is now exclusively in private practice. In Canada, he was associated with the sports medicine physicians of the Canadian Olympic and Commonwealth teams, as well as the professional artistes of Cirque du Soleil.