

# Arturo Del Val Anguita

M.Ost, DO, ND

## *Osteopathy*

## *Medical Acupuncture*

### *About Arturo*

I have always had a passion for healthcare. In 2006 I achieved a Bachelor's Degree in Biomedical Science. In 2012 I qualified as an osteopath, graduating from the British College of Osteopathic Medicine with a Masters in Osteopathy.

Since graduation I have refined my manual skills and knowledge in the field of osteopathy working from multidisciplinary clinics, and further developed my interest in the treatment of sporting injuries as osteopath in a gym environment.

I benefitted from four years of non-osteopathic work, shadowing and assisting physiotherapists and midwives, assisting women through their pregnancies as part of the women health team at University College Hospital London (UCLH). This greatly enhanced my abilities and knowledge in this area. I bring this experience to my osteopathic work, helping with pain and immobility both during and after pregnancy.



### *About Osteopathy*

Osteopathy is an effective approach to health that emphasizes a strong interrelationship between structure and function of the body. Whenever there is a disruption or imbalance between these, pain and dysfunction may arise. Osteopaths are highly trained to recognise, diagnose and treat such disruptions. Treatment normally involves gentle manual techniques directed to a variety of body structures to improve nerve function and blood supply which ultimately will help the body's natural healing ability resulting in eased pain, reduced swelling and improved mobility and wellbeing.

### *Medical Acupuncture*

Medical Acupuncture is a safe and effective technique whereby fine needles are placed into the local area of injury, typically in conjunction with Osteopathic treatment. There is growing scientific research to show the effects of acupuncture on the body. Firstly a release of natural hormones and chemicals block pain signals in the injured area. Acupuncture also helps stimulate local blood supply, as well as having a positive effect on muscular trigger points.

## *How I work*

I normally treat with gentle but very effective manual therapy and medical acupuncture techniques. I also focus on your diet and exercise plan to get you back on your feet as soon as possible. I am a very easy going, empathic and friendly practitioner, keen to help all types of individuals through osteopathy.

My main purpose is to team up with you and get you better faster. Remember, I am here to help you!

## *Qualifications*

- BSc Biomedical Science 2006
- Masters (Most) in Osteopathic Medicine 2012
- Diploma in Osteopathy

## *Professional Registration*

- Member of the Institute of Osteopathy
- Member of the General Osteopathic Council

## *For further information and to book an appointment*

Please book appointments at The Plane Tree reception. For further information please refer to John Mallinder's website at [www.osteopathylondon.co.uk](http://www.osteopathylondon.co.uk).



mind and body therapies

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