

John Mallinder

BSc Hons, Ost Me, DO

Osteopathy

Cranial Osteopathy

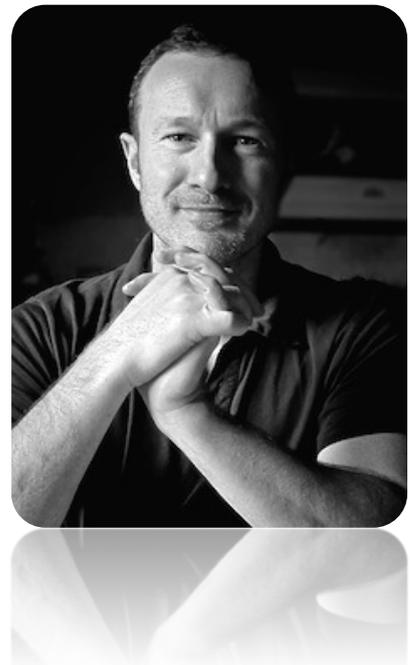
Medical Acupuncture

About John

I qualified as an osteopath in 1998 and as a cranial osteopath the year after. I have worked on the Roman Road in Bethnal Green since 2001, and also have a second practice near London Bridge. In addition to treating patients I tutored both in technique classes and the student clinic at the British College of Osteopathic Medicine from 2000 to 2005. Since 2005 I continue to be invited annually to talk to medical students on the topics of back and chronic pain. I am happy treating patients of all ages, from infants to older people.

About Osteopathy

Osteopathy is an evidence-based established system of diagnosis and treatment that emphasises the structural integrity of the body. It recognises that much of the pain and disability we suffer stems from abnormalities in the function of the body structure, as well as damage caused to it by illness or injury. Osteopaths assess a patient from a mechanical, functional and postural standpoint, using their hands to investigate underlying causes of pain, and conducting treatment using a variety of manipulative techniques tailored to the individual. These may include: muscle and connective tissue stretching, rhythmic joint movements, or high velocity thrust techniques to improve a range of motion of a joint.



About Cranial Osteopathy

Cranial Osteopathy is a refined and subtle type of osteopathic treatment that uses very gentle manipulative pressure to encourage the release of stresses throughout the body, including the head. It is not as the name might suggest a form of scalp massage, but instead a series of supportive contacts that in many instances undermines the patient's tension. As tension and pain are so closely allied this can effectively alter their perception of pain, and provide significant steps towards recovery.

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 am equally happy working structurally or cranially, and will combine these methods when appropriate. I give advice to my patients on lifestyle, ergonomics, exercise and dietary issues as I believe it is an osteopaths' role to engage the patient in their own recovery.

Qualifications

- BSc (Hons) in Osteopathic Medicine 1998
- Diploma in Naturopathy 1998
- Cranial Osteopathy qualification at Sutherland Society 1999

Professional Registration

- Member of British Osteopathic Association (BOA)
- Member General Osteopathic Council (GOSC)

For further information and to book an appointment

Please refer to my website at www.osteopathylondon.co.uk or you can contact me directly on **07931 356 295** or email me at john@theplanetree.co.uk. Please book appointments at The Plane Tree reception.



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