



01493 443095

Welcome to the Jessup Osteopathic Clinic incorporating two generations of Osteopathic experience serving the local community of Gt. Yarmouth and surrounding areas since 1982.

Your Registered Osteopaths:-

Carl Jessup B.Sc. Hons (Osteopathy)

Registered Osteopath

Melvin A. Jessup DO FRSPH

Registered Osteopath

Georgia Simmons M.Ost

Registered Osteopath

Consultation Hours By Appointment

Monday 9am - 6.30pm

Tuesday 9.00am 6.00pm

Wednesday 9.00 am - 6.00pm

Thursday 9.00am 6pm

Friday 9 am - 6.30pm

Alternate Saturday Morning 9am -12 .30

We aim to offer an appointment within 48 hours and we may have an emergency appointments available for that day.

Our Receptionists Kerry or Jayne will answer your calls Monday to Friday between 9am and 5pm or you may need to leave a voicemail if they are not available and the Osteopaths are with patients, so your call can be returned.

Medically Insured patients will need to consult their Insurer for an authorisation number before attending for an appointment. Melvin Jessup is registered with most of the major providers. Please check with your Insurer.

Most people, regardless of age or gender, will suffer from back or neck pain, headaches, sport injuries, stiffness or pain at some time in their lives, usually from micro trauma. Fortunately most people generally recover and the experience is temporary! Pain in your lower back is most frequently triggered by everyday activities like bending awkwardly, lifting incorrectly, slouching when sitting, driving and standing for long periods without taking regular breaks.

- We will discuss with you what is happening with your body.
- We will not treat you for longer than you need.
- We like to see an improvement within 3 sessions, but depending on how long you have been experiencing your symptoms this may be a little bit longer.

Jessup Osteopathic Clinic

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We all know what pain is, or do we? We have all suffered from it. Sometimes, we hardly notice it. Sometimes, it's unbearable. Usually, it goes away on its own. Treatment can help!

Many acute pains are a useful alarm signal that something is wrong. Pain signals are initially processed in the spinal cord and then in the brain, where there are connections with centres associated with anxiety, emotions, sleep, appetite and memory. This creates a very personal experience of pain for each person and is the major reason of why people seek osteopathic help. However in "Pain Medicine" there are four words that are used and have no shared meaning between patients and osteopaths.

"PAIN" "ACHE" "SORE" "HURT"

Each is an abstract, and its meaning is entirely dependent on your own very personal unique experience. Manual therapy, like that provided by a Osteopath, is designed to help provide physical relief from your symptoms.

What to Expect from Your First Visit and Treatment

At the assessment, we'll take some details from you and build your case history. We'll discuss why you've come to see us and where you have any aches and pains. Then we'll examine you with the aim of giving you the appropriate treatment. This will take a little while to complete, but it's a necessary part of the ethical guidelines we work to. The guidelines are there to make sure everything is done professionally and to a high standard of patient care.

You aren't the first to ask "Will I have to take all my clothes off?" and the answer is:

We need to see the area of your body causing the problem but how much will depend on where your problem is!

We can get around most problems by moving clothing out of the way or using gowns or towels

For hips, pelvis and low back then shorts or comfortable track suit bottoms

- Please do not wear jeans as these are extremely inflexible and very difficult for us to work through.
- Don't forget, you can always bring a friend or relation into the Treatment Room.
- With our lives becoming increasingly busy, yet more sedentary, Osteopaths can offer prevention advice such as stretching exercises, lifting techniques, posture, breathing and stress reduction which is a great way for individuals to maintain their own health.

Information After your Treatment

Rest

Following treatment your body remains in a vulnerable state for several hours. You may feel that you can do anything. DO NOT. Let your body rest and heal. Though your body has been restored to a more normal state of functioning, it has not healed. Healing takes time. Treat your body with respect avoid strenuous activity.

Walk

After each treatment a good idea to walk for 5-10 minutes before getting in your car. Walking will help to settle your body into its new balance. Traffic can be stressful and depending on your situation can cause your tissues to tighten up again

Drink Water

Drinking plenty of water to a day or two after treatment helps flush out previously trapped metabolites released into your blood stream

YOU MAY FEEL SORE

Depending upon your particular problem you may feel some soreness initially; this is a typical response and means your body is adjusting, if it last for more than a few days please telephone us.

I am in Acute Pain

This usually benefits from using an ice pack on the area for 10 minutes wrapped in a towel then leave for 50 minutes to relieve the discomfort .

If in the unlikely event, you are dissatisfied with any part of your experience at the Jessup Clinic Please contact us first to resolve the issues!!

Additionally we have an Independent complaint's procedure in place that will attempt to resolve any issues that you may have, which is administered by our Professional Association with the Approval of our Regulator the General Osteopathic Council.

Institute of Osteopathy

3 Park Terrace,
Manor Road,
Luton LU1 3HN
Attn :Osteopath Complaints

Professional Fees for Osteopathy

First Consultation Exam and Treatment £50.00

Subsequent Treatments £36.00

Children & Full time Students £30.00