

Living Centre Clinic



32 Durham Road, Raynes Park,
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Osteopathy & Cranial Clinic

SW London's leading osteopathy clinic

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A Personal Message

“As one of London’s most experienced and caring clinics we offer a trusted way to regain your health and energy. Get back to living life the way you want – fast and expertly.

Childhood Experience. I have been treating back-pain since my childhood. I grew up in a family practising back-pain massage. Since 1986 I have personally performed over 50,000 treatments. Healing is my passion and my life.

Unsurpassed Equipment. We use top of the range osteopathy beds. These help release back-pain; slipped disc; & trapped nerves. We do not use the basic up/down beds at our clinic. The relief has got to be experienced to truly realise the table’s effectiveness.



Vispi Jamooji
DO, PGCert SPOP



Dual Healing Treatment. Our treatment not only helps **boost** healing, it also helps **reduce** tissue ‘re-damage’ - a key reason why recovery can be slow or incomplete for some people. We address both sides of the healing process.

We include personalised posture advice, our dedicated advice plan and exercise videos to your phone/pc. Help is available after you leave the clinic with telephone support and out of hours email support.

I would like to think you will love our treatment & care”.

Vispi Jamooji, Senior Osteopath



Pain Relief

Fixing pain is as much an art as a science. When pain arises anxiety can rise as well. This may skew the normal healing cycle. At our clinic our understanding these mechanisms help us to manage even the most stubborn pain. Using our intimate knowledge of anatomy together with our tried and tested treatments we bring together a more effective recovery path for our patients.

Our 30+ years of experience comes into it's own here. This helps our team to provide consistent results you can rely on. We provide treatment for all types of muscle, joint & nerve problems throughout the body, not just the spine. *Please see overleaf.*



Cranial Osteopathy

Problems of the head, neck, face and shoulder are especially related to the cranial bones. This makes cranial osteopathy the preferred choice for things like headaches, migraines, sinus problems, eye, jaw or ear pain, "brain fog", face pain etc. It's also especially helpful for neck and shoulder pain, and 'behind the shoulder blade' pain.

Treatments are classically very relaxing and often we combine cranial with regular treatment, offering the best of both.





Specialist Paediatric Osteopath

Vispi Jamooji is a qualified & experienced *osteopath & specialist paediatric osteopath*.

This means together with his team they are qualified to help new born babies, children & teenagers. There are only a handful of specialist paediatric osteopaths in the UK

Baby Cranial Osteopathy

Baby cranial can help calm a fractious new-born baby. When the doctors can't find anything wrong, gentle baby cranial may be the answer. There are many reasons why a baby may cry, specially if there has been a difficult birth, delivery or intervention, such as forceps, ventouse or C-section. We also advice on flat head, feeding problems and calming techniques.



Children Osteopathy

Growing children need help too. Aside of the usual knock and bumps a child may also suffer from a headache, tummy pain or backache. An undiagnosed strain may also lead to concentration issues, irritability, or mood swings. Spending hours on laptop or phone, plus school bags and long study hours can also lead to stress and strain.

Children generally love treatment and almost always benefit from it's calming effect.



Treatments For

Headache, Migraine
Eye, Ear, Jaw, Sinus
Neck Pain

Neck & Shoulder pain
Shoulder Pain
Arm Pain

Elbow Problems
Tennis/Golfer Elbow

Repetitive Strain Injury

Wrist Pain
Thumb Pain

Includes:
Trapped nerves
Pins & Needles
Numbness
Nerve pain



Frozen Shoulder
Rotator Cuff

Upper-Back Pain
Mid-Back Pain
Tight chest/breath

Low Backache/Pain

Sciatica
Slipped Disc
Hip pain
Bursitis

Knee Pain
Torn/Trapped Cartilage
Shin splints

Ankle Pain
Foot Pain
Heel Pain
Planter Fasciitis
Dropped Arches



- ***Pregnancy:** SPD/PSD, pelvic pain, natural birth preparation
- ***Baby:** flat head, baby relaxation, management: colic, reflux, arching etc
- ***Children:** back pain, neck pain, concentration problems, relaxation
- ***Adults:** spondylitis, osteo-arthritis, worn out joints, sports injuries



Advanced Treatment Tables

Under our gentle manual control, the bendy-table softly rocks the back, helping the spine to free-up naturally. This helps to reduce disc pain, eases trapped nerves and also stretches out tight, sore back muscles. Specifically, the rocking action helps to heal the spinal discs. *No wonder many of our patients comment on how relaxing the treatment is. They also describe the relief they feel happening during the treatment.*



Appointments

Current fees* & Online-booking scan here:
<https://www.livingcentreclicnic.com/booking-form/>
Or call us till 9pm daily **020 8946 2331**

Osteopathy Treatment Hours

Week days: 7.30am - 9.00pm
Saturday: 8.30am - 6.00pm
Sunday: 10.00am- 2.00pm

**Senior partner (Vispi Jamooji). Fees are higher.*

