

Comber OSTEOPATHIC Clinic

Meet Julia McLaughlin



Today's society places ever-increasing demands on our time. With the pressures of juggling career, domestic tasks, managing finances, and caring for loved ones, it can be difficult to concentrate on our own health.

It is often only when our health begins to suffer and our body starts to send out alarm signals forcing us to slow down, that we truly begin to focus on ourselves.

However, by making time for yourself every day, to eat healthily, exercise and focus on your inner wellbeing, you will ultimately reduce your risk of developing a variety of serious health conditions.

Not only will this benefit your health long-term, but by spending time on you, you ensure that you continue to be there for those you love for years to come.

Osteopathic practice aims to support the optimal environment for health in those we treat by providing health guidance, manual therapy and exercise advice, tailored to the individual needs of those under our care.

We are Allied Healthcare Professionals who take time to understand your individual history, circumstances and unique physiology, to provide you with a personalised health improvement plan

Osteopaths provide safe, effective holistic treatment and care that aims to promote the health of patients. As highly trained healthcare professionals, we are experts in the musculoskeletal system and it's relationship with other systems of the body

Osteopathy is a fully regulated healthcare profession requiring a minimum of 4 years degree level training to be registered with the General Osteopathic Council (GOsC). This intensive training equips osteopaths with an in-depth knowledge of anatomy, physiology, psychology and pathology combined with robust clinical examination techniques.

To maintain their GOsC registration, an osteopath must comply with strict regulatory requirements and high standards of professional practice as well as maintain a portfolio of their continuing professional development.

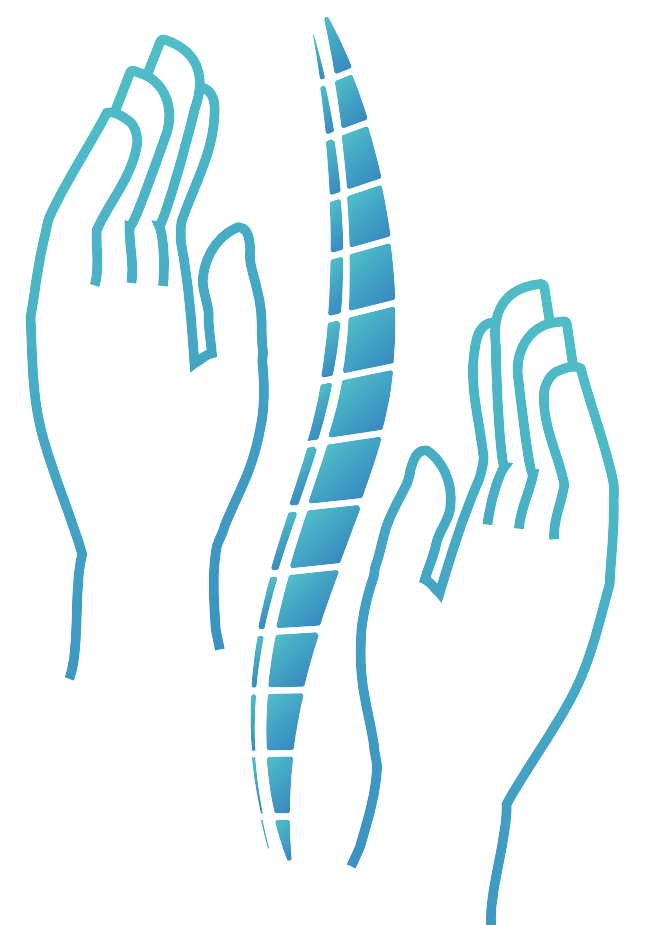
Osteopathic care is suitable for people of all ages from babies to the elderly. People from a wide range of backgrounds seek osteopathic treatment, whether elite or recreational sports people, pregnant women, manual workers or office professionals.

Patients seek treatment for a variety of conditions, including back pain, changes to posture in pregnancy, feeding issues with babies, postural problems caused by driving or work strain, the pain of arthritis and minor sports injuries.

Julia works closely with other healthcare professionals, including GPs, nurses, midwives, physiotherapists, psychotherapists and consultants as well as alternative medical professionals including nutritional therapists and acupuncturists. This helps provide a high level, patient centred service.

Julia McLaughlin graduated with an honours degree in Osteopathic Medicine and a Diploma in Naturopathy from The British College of Osteopathic Medicine in 1999.

After gaining experience working in multidisciplinary clinics in Oxford, Bristol and Northern Ireland she set up her own clinic in Comber Co Down in 2003.





Julia is currently the only Osteopath in Northern Ireland to have completed a Post-Graduate Diploma in Paediatric Osteopathy at the Osteopathic Centre for Children in London.

The Diploma provided unparalleled paediatric training and comprehensive clinical experience working in such locations as the Neonatal Unit at Barnet Hospital.

A huge part of this course centres round treating patients cranially and Julia uses both structural and cranial techniques tailoring treatment specifically for each patient.

Julia has developed a wide range of skills over her years in practice that have enabled her to successfully treat a wide range of conditions in people of all ages.

Julia is a member of the Sutherland Cranial College (SCCO) and is continuing her professional development through post graduate courses with the SCCO and the Biodynamic Osteopathy 8 phase courses. She is also completing courses in meditation and mindfulness and incorporating this into her treatments with patients.

Advice for working at your desk

With so many of us now working from home a significant portion of your day may be seated, which can lead to a host of problems for your health. But with a few changes and the addition of good habits, you can keep healthy, happy and pain-free.

- **Sit Well.** It is really important when working at your desk that you are mindful of your posture and your equipment is set up correctly. Things to look out for include;

- **Is your screen is at eye level?** If your monitor does not have height adjustment try elevating it with a riser, or even some old books!

- **Keep your mouse close.** It's easy for your mouse to drift away from you when working, make sure you are not over-stretching to reach it

- **Keep your keyboard close.** You should be able to sit up in your chair, have your elbows in an L-shape and still be able to reach your keyboard. If you are overstretching to reach it, you will need to make adjustments

- **Adjust your chair.** You should be able to sit right back into your chair, so your lower back is supported while still comfortably accessing your equipment

- **Feet to the floor.** The height of your chair should allow your feet to easily reach flat to the floor. Use some form of riser if needed

- **Avoid crossing your legs.** It can cause circulation problems and puts unnecessary strain through your lower back.

If you are unsure about your desk or workstation set-up, ask your employers to provide a workstation assessment.

- **Regularly reset your posture.** While you may start off in the correct position it can be very easy to drift into slouched position as your desk. Try putting a sticker on your monitor as a reminder to re-set your posture every time you see it.

- **Take regular breaks.** It is recommended that you should take a break from your desk every 30 minutes for at least one or two minutes. Try building in some of these good habits into your working day.

Stand-up and move around for a few moments around your desk.

When taking a call, can you take the opportunity to stand-up rather than sit?

Drink water during your break to keep hydrated.

Contact details:

Comber Osteopathy 19 Belfast Road Comber Co Down BT23 5EN

Tel: 02891871477

Email: comberosteopathicclinic@gmail.com

www.comberosteopathy.co.uk