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Colon Hydrotherapy & Osteopathy

These two therapies can complement each other perfectly. A disorder of the spine is not the only cause of back pain, constipation can also cause low back pain and vice versa. The blockage can cause pressure on the lower back causing the pain to get worse if the impaction is not eliminated. When muscles of the lower back are in spasm this can interfere with the autonomic nerves responsible for peristaltic bowel movements leading to constipation as well as back pain.

Case I

Mr X visited the Colon Hydrotherapist with a diagnosis of H.Pylori in the stomach. After treatment he was referred to the Osteopath as he was also complaining of upper back pain. On spinal assessment and examination it was determined the two conditions were interlinked. The spinal nerves which exit from the upper back (T2-T5) supply the stomach. The H.Pylori in the stomach was causing the back pain. After four treatments with the osteopath the back pain had disappeared.

Case II

Mr X visited the Colon Hydrotherapist for constipation, on further case history analysis he told of his long term diagnosis of Ankylosing Spondylitis and how this was causing him extreme back pain which was increasing by the day. He was referred to the Osteopath for further examination. On spinal assessment it was found that his low back musculature was in spasm and the joint capsules were irritated which was causing the spinal nerves (these exit from the lower part of the spine) which control the colon to become tense and blocked. After six treatments with both practitioners Mr X noticed a remarkable difference; reduction in back stiffness and pain, increased mobility in the spine and reduction in constipation and less straining while passing stools.

Case III

Miss Y visited the Osteopath complaining of extreme low back pain. On further questioning she mentioned how she has also suffered from chronic constipation since the last few years. She was referred to the Colon Hydrotherapist who successfully treated her constipation and gave her invaluable nutritional and lifestyle advice. After a course of six treatments with each practitioner her back pain and constipation were on the road to recovery. She now visits both practitioners every two months for her routine treatments which is immensely helping her combat her pain and constipation.