

## **Testimonials for Anastasia Fraser, Osteopath**

**I have divided these testimonials into Back/Neck, Leg/Knee, Shoulder, Jaw/face, Children, Dizziness and Foot Pain for ease of review. However, the scope and benefits of osteopathic treatment goes beyond these areas. Please do ring me on 01453 836 066 to discuss.**

### **Back/Neck Pain**

“I came to Anastasia with lower back pain, hips hurting which was affecting my neck. Areas of need were identified and vastly improved. Exercises given have also helped.”

Jayne Crocker, Bristol

“Anastasia has treated me for back, lower back and groin problems, successfully alleviating much of the ache and pain I’ve had for years, allowing much more freedom of movement throughout my body”

Andy, Bristol

“I have degenerative lumbar sacral disease with sciatica and restricted neck movements with numbness in my fingers – the latter present when doing everyday tasks. After initial treatment my leg and back improved to such an extent that I could reduce my analgesia [pain medication] to night time only. After the 3<sup>rd</sup> treatment I no longer had numb fingers when chopping vegetables and making cakes, sauces etc. I continue to experience improvement in symptoms.”

Lesley, Bristol

“Have suffered from lower back pain on/off for 10 years now. A colleague who I shared my problem with recommended osteopathy as a gentle and effective measure. Initially I thought this was a bit of hokus pokus but after 6 treatments I now feel in better shape than I can remember. I am now a believer in Osteopathy, not Hokus Pokus.”

Michael, Bristol

“I am 60 years old and for many years have suffered periodically from severe muscle spasms to my lower back, the frequency of these was increasing. I was recommended to try treatment by Anastasia some 5 months ago and although originally somewhat skeptical of ‘alternative’ treatments I am delighted with the results. I have not had a recurrence of the muscle spasms since starting the treatments and have much greater flexibility in my whole body. Her professional approach and clear explanation of proposed treatment give insight and reassurance.”

Richard Alexander, North Somerset

### **Knee Pain/headaches**

“I went to see Mrs Fraser as I was suffering from leg and knee pain prior to running the London marathon. Mrs Fraser (Anastasia) diagnosed the issues in the first visit and continued to treat me.

The treatment was exceptional and really helped meaning I ran the marathon with no issues or problems. Her advice, help and support was first class. I have no issues recommending Anastasia and I look forward to working with her again in the future.”

Richard Whitmarsh, Bristol

“During the late summer of 2010 I was suddenly unable to put any weight on my right leg. This was diagnosed as [knee] arthritis and keyhole surgery to remove the loose cartilage was suggested. I did not want to go along that route.

A friend suggested Osteopathy and booked me an appointment at Yew Tree Clinic with Anastasia. Gradually I was able to move more easily and pain was considerably reduced. I also had cranial treatment. Not only did this help my arthritis but also reduce my **headaches** considerably.

I realised that this would be no miracle but was prepared to hasten slowly and with the help and encouragement of Anastasia I am now able to walk a reasonable distance without having to sit down, to drive a reasonable distance with no discomfort, and my life has returned almost to normality. The stick I used to use just to cross the road to the pillar box is now relegated to the corner of the room!”

Ruth Sowby, Bristol

### **Shoulder**

“I visited Anastasia for treatment for an ‘injured’ shoulder in Sept 2010. Following the initial consultation Anastasia informed me that my spine also required treatment. After subsequent visits she was able to give me full movement back to my arm and shoulder. The work on my spine has also helped my posture and enabled me to sleep more comfortably. All through the treatment Anastasia explained what and why she was doing particular movements. She has definitely averted future back problems and I would highly recommend treatment from her to anyone.”

Richard Crocker, Bristol

### **Children**

“I bought Laurie to see Anastasia to help with breastfeeding issues. After a couple of sessions he was gaining weight normally and is a much happier chap! Anastasia has helped Laurie achieve much better digestion, less wind and has made him less anxious. It’s so lovely now that we’re getting to know our happy son rather than a grumpy, uncomfortable one! Anastasia always works in a kind, caring and professional manner! Thank you”.

Rose Taylor, Bristol

Anastasia has been incredible with my 7 year old daughter who suffers with anxiety. She is always kind and supportive, instantly putting my daughter at ease during treatment. The results of Anastasia’s treatments have exceeded expectations and my daughter is calmer and less anxious which has also had a positive effect on her behavior. She is also sleeping more deeply and longer at

night. My daughter enjoys going for treatment and is always a more relaxed child after seeing Anastasia.

Miranda

Anastasia has been treating my 5 year old daughter (who has a learning disability, speech and language delay and sensory issues) for several months. We have seen significant changes in my daughter's development and behavior since starting treatment. She is now able to open her jaw more fully helping her speech and also aiding with toothbrushing. She is also calmer at bedtime and falls asleep more easily and sleeps more deeply. We have also seen a reduction in my daughter's sensory issues and her anxiety levels which have helped to keep her calmer, especially at school resulting in a reduction in her negative behaviours. My daughter is also now making regular bowel movements after being constipated for many years, making a positive impact on her overall wellbeing. Anastasia is professional, patient and knowledgeable and takes a holistic approach to treatment. She has been incredibly supportive and we have a much happier child since starting treatment."

Miranda

"I originally attended osteopathy when my son Jago was approx 5 weeks old. I was having difficulty breastfeeding. After a difficult labour that ended in a forceps delivery my son was fretful and difficult to calm... After several sessions feeding improved and Jago became more contented and relaxed. He now has eczema and receives regular osteopathy to manage this"

Rosemary Bewley, Bristol

### **Jaw pain**

"Following the removal of my wisdom tooth I experienced quite a few aches and pains and felt very off-balance. From my first consultation with Anastasia my symptoms improved and my sense of wellbeing grew. I've recommended seeing her to several people."

Chris Taylor, Gloucestershire

### **Dizziness / Foot Pain**

"Having had 18 months of intermittent bouts of labyrinthitis, Anastasia's care, which includes cranial osteopathy, has markedly improved my resilience to this condition. Previously I had a background dizziness but by following her clear advice, avoiding certain triggers and [receiving] occasional treatments that has gone. I also had bunion inflammation which she resolved by certain manipulations, increasing the movement in my toe joint.

Helen, Nailsworth