

Mid-West Osteopaths

Victoria Large and Associates

BSc (Hons) OST. MED. DO. Nd

ROSCOMMON | BALLINA | CASTLEBAR | WESTPORT | 087 - 3233666

Victoria Large and her associate Ben Quigley are now re-opening at Tully's Pharmacy, Castlerea

Mid-West Osteopaths was established in 2003 by Victoria Large, former student of the Sacred Heart School, Westport.

Victoria studied for four years full time at the British College of Osteopathic Medicine in London. She graduated with an honours degree in Osteopathic Medicine and a Diploma in Naturopathic Medicine. Following her graduation Victoria worked for the well renowned naturopath of RTE daytime television fame, Jan de Vries.

Mid-West Osteopaths have treated a variety of patients, including working alongside local clubs treating local and county GAA players (past and present). Soccer players, golfers, marathon runners, boxers and surfers.

In the recent years Victoria has been doing further studies in the osteopathic care and treatment of pregnant women, babies and children. An area of special interest to Victoria is the prevention of injury in the work place as a

result of the prolonged seated posture at the desk or when driving.

Mid-West Osteopaths is fully recognised and regulated by both the Osteopathic Council of Ireland and the General Osteopathic Council UK. Members of these associations have to have a minimum of a four year degree from a recognised university. People are encouraged to visit www.westosteopaths.ie for more information on the association or Osteopathy in general. Or visit our website on www.midwestosteopaths.com. Mid-West Osteopaths are welcoming new patients to its clinics in Ballina, Castlebar, Westport and Roscommon. Mid-West Osteopaths can be contacted on 087 3233666. Mid-West Osteopaths are registered with Quinn Healthcare, Aviva and VHI.



QUINN healthcare



About Osteopathy

A mother and a baby have to cope with the stresses of birth. The toddler may have frequent ear and/or chest infections. The school child may have learning difficulties or have a bad fall or knock while playing. The student spending long hours hunched over the computer resulting in eyestrain, headaches and back/neck pain. Sports people push their bodies to the very limit, overstretching ligaments and muscles and

plucking up injuries. Adult life is full of its stresses and strains, be they physical, emotional or mental, all will take their toll resulting in illnesses from anxiety or depression to asthma to irritable bowel syndrome, to back or joint pain and many more. In old age our joints stiffen and our circulation slows. These are the types of difficulties which an osteopath can alleviate.

Osteopathy is a form of hands on treatment that is suitable for people of all ages and in any state of health. It is much more than just manipulative treatment for back pain; the art of manipulating joints is an ancient one but

osteopathy as envisaged by its founder, Andrew Taylor Still, has much greater scope and depth. The osteopath works to gently realign the spinal and peripheral joints and the fascial compartments enveloping each organ, nerve, muscle and bone to enable the body to unlock its own self-healing processes. Osteopathy is much more than a system of techniques. The osteopath considers each person as an individual and identifies problem areas of the body utilising a highly developed sense of touch.



Acute and Chronic pain clinic

- Sciatica
- Frozen Shoulder
- Trapped Nerves
- Arthritic Pain Immobility
- Orthopedic Hip and Knee Assessment



Sports and Work Injury clinic:

- Muscle Strain
- Ligament Sprain
- Tennis Elbow
- Whiplash
- Headaches
- Repetitive Strain Injury



Mother/Baby and Children's clinic:

- Pre and Post Pregnancy care
- Poor sleeping and eating in infants
- Postural Checks
- Growing Pains

Mid-West Osteopaths Voucher

€10 off

when you present this voucher • Exp. May 1st

Mid-West Osteopaths,
Ballina/Castlebar/
Roscommon/Westport
Mobile: 087-3233666

www.midwestosteopaths.com