



WELCOME...

Here's to feeling better and
moving well!



Great Dunmow Osteopathy & Health

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Welcome from Joe & Abi, Clinic Directors



“ We both grew up in families where healthcare was a way of life - with a GP, a midwife, and an osteopath between our parents, we learned early on just how powerful it is to help people feel truly well.

We also understand how frustrating it is to feel like just another case on a long list, rather than someone being truly listened to and cared for. We decided we want to create something different here at Great Dunmow Osteopathy & Health!

Everything we do is built around time, trust, and treating the whole person. The clinic is a place where your story matters, your care is personal, and you're never just a symptom on a page.

We're so glad you've found your way to us, and we're genuinely honoured to be part of your journey back to health. ”



Clinic Philosophy

Everything we do is centred around *you*. We believe the best care is personal, hands-on and grounded in both experience and the latest evidence - no guesswork, no one-size-fits-all & no waiting lists.

Our story began over 20 years ago with Angus, an osteopath who believed in treating the whole person, not just the pain. That approach still guides us today. We know that pain rarely stands alone - it often stems from, or affects, other areas in the body. That's why we take the time to listen to your story, understand how everything fits together, and treat you as a whole.

As an independent clinic, we're free to focus entirely on what's right for you. We're not tied to rigid protocols or referral pathways, so if your shoulder pain is linked to your breathing or an old injury, we can follow that trail and treat the root cause - not just the symptoms. Whether that involves hands-on therapy, rehab or massage, we tailor every plan to support your unique needs.

In many parts of the healthcare system, even the most dedicated clinicians are restricted by time and standardised care pathways. That's not their fault - it's the pressure of the system they work within. We often hear from people who've been stuck in the same cycle: struggling to get an appointment, rushing through a 10-minute slot, and leaving with a prescription that only masks the pain. Sound familiar?

That cycle is exhausting - and it's why we do things differently.

Here, you'll be given the time to talk, a full-body assessment, and a personalised plan designed to help you feel better and stay better. Your care will adapt as you improve. Most of all, we're here to help you get back to the things you love - and living well for the long term.



First Visit: What To Expect

At your first appointment, we'll take the time to really get to know you - not just your symptoms, but your health history, lifestyle and what you're hoping to achieve. You'll have space to talk things through properly, followed by a hands-on assessment so we can understand what's going on beneath the surface.

Most people receive hands-on treatment in their first session, and it's always tailored to your body, your preferences and your goals. We'll explain everything clearly as we go, and you can ask questions at any time.

It's a good idea to wear loose, comfy clothing that you can move around in easily. Gym wear, joggers or soft trousers are ideal - anything too tight or restrictive (like jeans or stiff skirts) can make things trickier to assess and treat properly.

Before you leave, we'll agree on a plan together - how often you might need to come, what you can do between sessions, and when you can expect to feel results. We'll also get your next session booked in there and then, so your progress stays on track.



Meet The Team



Angus

Since qualifying from the European School of Osteopathy, Angus has spent over 20 years developing his skills in top clinics across East Anglia and London. Though now based in Herefordshire, he continues to return regularly to care for his long-standing patients at GDOC.

Outside the clinic, you'll find him deep in DIY projects or working on his beloved 1990 Land Rover Defender.

Charlotte is an enthusiastic and dedicated Sports Therapist who has experience working with elite athletes as well as helping people stay active and manage everyday aches and pains.

Outside of the clinic, Charlotte enjoys training in the gym and spending quality time with her family.



Charlotte



Jason

After running clinics across the Home Counties, London, and 17 years on the Isle of Man, Jason is now back on the mainland, ready to get people moving again. Known for his friendly North London charm, Jason is also certified in dry needling and is great with babies!

When not working, he enjoys family time with his wife and two daughters.

Meet The Team



Hadi

Hadi has treated a wide range of patients, including athletes with Speedworks London, and applies both structural and functional osteopathic techniques tailored to each case. His approach focuses on empowering patients with clear explanations and long-term strategies.

Outside of work you'll find him spending quality time with his family!

Kim is our go-to expert for massage, helping with everything from muscular strains and tension headaches to everyday aches and pains. Originally trained as an osteopath, she combines deep knowledge with expert skill to address the root causes of pain and tension.

Outside the clinic, Kim is an avid gardener, a netball player, and loves spending time with her family - including their dog, Pumbaa!



Kim



Tegan

Tegan has a real talent for helping people move and feel better. She's worked with everyone from athletes recovering from injury to older adults aiming to stay steady and mobile. She helps by guiding tailored exercises that build strength after mobility has been restored.

When she's not at the clinic, you'll find her enjoying a good Braai (South Africa BBQ!) with friends and family.

Meet The Team



Max

Max brings experience from both private healthcare and the NHS, treating everything from complex orthopaedic cases to chronic pain. Before earning his Master's he worked in rehab, strength training and played rugby, so he really understands how to keep bodies strong and moving well.

When he's not in clinic, he's usually busy running after his toddler!

Scott is a massage therapist with a strong background in health, fitness and performance. Before his therapy career, Scott competed in CrossFit, MMA, and boxing (he even played football in the FA Cup!)

Outside of clinic life, you'll often find him in the gym, exploring how metabolic health affects movement, or travelling (Vietnam and Mexico are his favourite spots so far!)



Scott



Daniel

Daniel takes a systematic, process-driven approach to osteopathy. Thorough, thoughtful, and always digging deep to get to the root of the problem. He blends hands-on, structural work with gentler functional techniques.

At the weekend you'll find him rollerblading with his son or tinkering with his 4x4!

Meet The Team



Lindsay

With over a decade of experience as an NHS midwife, Lindsay offers exceptional pre and postnatal support. Her extensive knowledge of maternal health and baby care allows her to assess and address the root causes of concerns like feeding difficulties, colic, and post-birth recovery.

Outside of work you'll find Lindsay in the gym or visiting her grand-daughter in Gloucester!



Our Services Explained

We provide a range of treatments under one roof to support you at every stage of your recovery. Whether you're dealing with persistent pain, recovering from an injury, or simply looking to move and feel better, our team is here to help.

Osteopathy

Whether it's back pain, neck discomfort or something that just doesn't feel quite right, osteopathy can help. It's a hands-on approach that looks at how your whole body moves and functions. Techniques like joint mobilisation, soft tissue work and movement advice are used to ease pain, improve mobility, and support your recovery.

Physiotherapy

Physio is ideal if you're recovering from injury, surgery, or just feel your body isn't working as well as it should. Our physiotherapists use a mix of hands-on treatment and personalised exercises to help restore strength, mobility and confidence in movement.

Massage

Massage therapy can help reduce muscle tension, ease postural strain, and support recovery - whether you're dealing with everyday tightness, inflammation, or just need some time to reset. You don't have to be an athlete to benefit.

Pregnancy & Postnatal Care

Pregnancy and the postnatal period bring big changes. To support mums-to-be through every step, we offer a range of packages, including video consultations to discuss any pregnancy or birth questions or concerns, both group and individual birth preparation classes, at-home feeding support sessions, and personalised postnatal care.

If you're ever unsure which approach is right for you, just ask - we're here to help and happy to point you in the right direction.

Booking & Cancellation Info

Booking or rebooking your appointment with us is quick and simple. The simplest and quickest way to book is via our website **www.gdoc.co.uk**. However, if you'd prefer to speak to someone, just give us a call during our working hours on **01371 502 088** and we'll be happy to assist.

We understand that life doesn't always go to plan, so if you need to cancel or reschedule, we simply ask for at least **24 hours' notice**. This gives us a fair chance to offer the slot to someone else who may be in need.

If you cancel with less than 24 hours' notice or miss your appointment altogether, the full fee will be charged. We really don't want to do that - so if something comes up, please just let us know as soon as you can.

Osteopathy, Physiotherapy & Massage in Great Dunmow

Providing 5-star relief from your body aches, pains & injuries for over 20 years

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Google ★★★★★
100 reviews ^

Optimising Your Results!

Making the best progress often comes down to staying on track with your treatment plan. Whether you're back next week or in six months, having that next appointment scheduled gives both you and your practitioner a clear goal and something to work towards.

So whether you're heading on holiday, waiting for a scan, or just busy with life, try to lock in that next step. It's all about staying ahead rather than playing catch-up later.

Plus, any exercises or movements we give you between visits are just as important as the hands-on care. Doing your bit at home helps your body keep improving, so you can get back to feeling your best and doing what you love.



Patient Stories

★★★★★

What an excellent service I have received since contacting Great Dunmow Osteopathy and Health. Joe responded to my very desperate message about needing an urgent appointment to sort out ongoing and acute neck pain very swiftly and before I knew it I was booked in for a physio appointment with Tegan. Tegan was very understanding and clearly loves her job and certainly knows what she is doing, explaining every step of the work she did on relieving my neck pain. After my first visit the reduction of tension and pain in my neck area was evident and I have had follow up sessions to ensure total relief. I can highly recommend this practice and their kind, caring and wholly professional approach.

★★★★★

After trying everything to improve my newborn's congestion and overall discomfort, I was told to try an osteopath and haven't looked back since! Jason was so great with my then 7 week old, ensuring she was comfortable and soothed throughout each of the sessions. I have seen such an improvement since we started to attend the clinic, particularly with her latch.

I also got the chance to have a chat with their private midwife, Lindsay, who was so open and welcoming and gave me lots of food for thought. I will definitely be consulting with her if I'm ever pregnant again.

In addition to all of this, Joe, who works at the front is extremely polite, chatty and friendly. He went out of his way to accommodate us.

★★★★★

I had a massage with Kim as I was unable to turn my neck. She was polite professional and I felt instantly relieved of the pain I had been suffering. Without any forceful massage she managed to help my neck and shoulder to relax. When the massage was finished I felt so much better. Kim obviously is extremely knowledgeable and experienced in her field. I would definitely recommend visiting.

★★★★★

Booked a same day emergency appointment with Daniel and was free of the pain the following day. After the follow up appointment and more adjustments I felt the need to write a review which I never usually do. Daniel is brilliant, very very knowledgeable and I would highly recommend him to anyone

FAQ's

1. Osteopathy, physiotherapy & massage - what's the difference?

All three approaches aim to relieve pain and improve movement, but they each have a different focus. Osteopaths often take a whole-body view of movement and mechanics, physiotherapists tend to be more exercise and rehab-based, and massage therapists target muscular tension directly. We'll help match you to the right approach based on what you need.

2. Do I need to stick to the treatment plan you give me?

In short, yes as best you can. Your treatment plan is carefully thought out to give you the best chance of full recovery and long-term improvement. Missing or delaying sessions can slow things down or undo progress. But don't worry - plans aren't rigid, and we'll always adapt it around what works best for you.

3. What if I feel better after just one or two sessions?

That's fantastic, but don't disappear just yet! Early results are often a sign we're on the right track - but staying on course helps make sure improvements are long-lasting and not just temporary. Your practitioner will explain what's next to make sure things don't slide backwards.

4. How do I know if you'll actually be able to help me?

Great question. In most cases, if you've booked in with us, it's because we've seen your condition many times before and know we can offer the right support. But rest assured, your first session is all about assessment - if we think you need a different type of help, or further investigation, we'll always be honest and point you in the right direction.

5. Should I be worried if I feel a bit sore afterwards?

Not at all. A little soreness or stiffness is normal, especially after your first session or when we've worked on tight or sensitive areas. It usually eases within a day or two. If anything doesn't feel right or you're unsure, just give us a shout and we'll be happy to help.

How To Find Us...

Full Address:

Great Dunmow Osteopathy & Health,
Dunmow Business Centre,
12 Stortford Road,
Great Dunmow,
CM6 1DA

Parking: Chequers Lane car park is the nearest. Disabled parking is available on site - please get in touch via email or phone to book disabled parking.

In your appointment confirmation email you will find a link to a handy video showing how to find us from Chequers Lane car park.

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