



Winter Newsletter

All the best for the snowy season
from the ALO team.

Happy New Year!

In this edition, the final one for 2013, we introduce one of the clinic's strongest supporters, Dr John Outhwaite, Consultant Orthopaedic Physician.

John is an encyclopaedia of knowledge on anything relating to pain and its many manifestations in acute and chronic injuries and conditions. If you're suffering from pain in one form or another, chances are he'll be able to help. As a person, he's as friendly as they come with a witty, dry sense of humour. As a doctor, it's easy to see why he is so popular in London, he has a manner that instantly sets one's mind at ease. When you're under the care of John, you know you're dealing with a true expert.

John qualified at Oxford University in 1979 and served five years in the Royal Army Medical Corps. He worked in rheumatology teaching units in Birmingham and London and has been a consultant physician in Orthopaedic Medicine at the Nuffield Orthopaedic Centre for many years. His particular interest is in patients with complicated problems and persistent painful conditions which have not responded to simple treatment regimes, and are not suitable for surgical treatment. These include whiplash injury, persistent low back pain, complex regional pain syndrome, fibromyalgia, and knee and foot pain. He provides comprehensive exercise techniques and functional restoration programmes. John works closely with multi-professional colleagues including pain consultants, physiotherapists, occupational therapists, cognitive psychologists and personal trainers. John has recently joined the team of skilled consultants and physicians at The London Orthopaedic Clinic based in Wimpole Street W1G.

More about John at: www.londonorthopaedic.com

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