You toss and turn all night because you can’t keep your legs still. You fidget at business meetings. Being on a plane is torture. Your legs tingle as though there’s an electrical current in them that won’t switch off. It starts as soon as you sit down at the end of the day,,,,,,,

Restless Legs Syndrome (RLS) is very common, affecting up to 15% of the population in the UK.

It is the fourth commonest cause of sleeplessness at night, and may affect any age group from children to the elderly. It is a major cause of sleep deprivation and stress, causing misery for tens of thousands.

Michael Monk qualified as a doctor from St Mary’s Hospital Medical School, London, (now part of Imperial College), in 1970. He trained in General Practice in the Navy, and then in Radiology at St Thomas’s Hospital, before training in Musculoskeletal Medicine at the London College of Osteopathic Medicine, where he has also taught.

He has studied acupuncture with some of Europe’s leading authorities and has been using acupuncture for the past 25 years and electroacupuncture for 20 years.

He combines acupuncture with osteopathy and broader Integrated Medicine approaches, in a full time private Medical Practice.

switch off your restless legs

the non drug musculo - skeletal way
Do you have restless legs syndrome (RLS)?

4 symptoms that will tell you -

- An uncontrollable urge to move the legs, with uncomfortable feelings (50% of patients feel these as pain)
- Starts or worsens with periods of rest, especially sitting or lying
- Totally or partly relieved by movement such as stretching and walking, by rubbing or by hot or cold, at least in the early stages. Later, movement may not help
- Daily pattern; symptoms are worse or only occur in the evening or at night, but in advanced cases symptoms may be present for 24 hours a day.

The non-drug musculoskeletal approach

A very gentle and effective treatment for RLS which can provide dramatic relief from the condition, within a few treatments.

This relief is long lasting and may be permanent, even for patients who have suffered for years.

Dr Monk studied this treatment technique with the British doctor and osteopath who developed it, and has been practising it for the past few years with great success.

At present the success rate at this clinic is well over 90% and most patients require only 4 or 5 treatment sessions lasting about 30 minutes. Most patients will feel better from the first treatment, and the symptoms disappear over a few more treatments.

What causes RLS?

RLS can be due to disease, such as kidney disease, and is common in pregnancy (although it usually clears up after the baby is born). It can also be due to iron deficiency anaemia and this should always be looked for.

The great majority of patients, however, have 'primary' RLS where there is no obvious cause. There is probably a genetic link because about 50% of sufferers will have a close member of the family who also suffers from the condition.

Mainstream medicine treats RLS with drugs, and these can be helpful for many sufferers, but there are many side effects which you should be aware of.

Potential drug side effects;

**Dopaminergic Agents** (levodopa) 80% of patients may develop augmentation where symptoms get worse, starting earlier in the day and becoming more severe! Can cause insomnia or sleepiness.

**Dopamine agonists** (pergolide) Can cause severe sleepiness, and nausea.

**Opioids** (codeine) can cause constipation, urinary retention, sleepiness and inability to concentrate.

**Anticonvulsants** (carbamazine, gabapentin) can cause nausea, sedation, dizziness.

With all these potential side effects from drug treatment of RLS, many people will feel that the treatment is worse (or at least no better) than the disease.