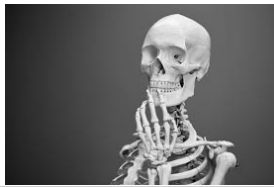


Osteopathy and You



Osteopaths are highly trained healthcare professionals trained to diagnose, treat and support you across range of health issues. Osteopaths use a non-invasive drug free form of therapy. With the application of manual therapy techniques such as the therapeutic application of gentle pressure, stretching and resistance to strengthen the muscles and increase mobility of the joints we aim to assist your return to a healthy functional life.

How do we do this?

Osteopaths use a variety of techniques including soft tissue techniques. This is a type of massage using light or firm, direct pressure to relax hypertonic (tight) muscles and stretch tight fascial structures. Muscle Energy Technique (MET) is a manual therapy that uses the muscle contractions of the patient to relax and lengthen tight muscles and improve joint range of motion. Articulation or passive mobilisation of the spine/joint to improve joint movement is another technique. Occasionally, HVLA (High velocity, low amplitude)/HVT (High velocity thrust) is a technique where you may hear a 'pop' or 'click' of a joint. It is commonly referred to by patients as being 'cracked'. It's important to note, the "crack" is NOT joints or bones moving back in to place. It is NOT moving or grinding bone on bone. Your treatment plan will always be discussed with you beforehand. HVLA technique does have some risks involved and won't be performed unless you feel comfortable with it.

Why Osteopathy?

You do not need to consult your GP before seeing your Osteopath as Osteopaths are trained to screen you for a range of health issues. Osteopaths believe in working as part of a greater healthcare system and will refer back to your GP or other allied health professionals where appropriate. Note, Osteopathy is very patient-centred and is closely regulated by a professional body. Your individual health/medical history, age, fitness, lifestyle and environment are all closely considered with our chief focus being aiding your return to good functional health. Your treatment and management plan continues outside of the clinic room with advice on self-management, lifestyle adjustments and, where necessary, exercises placing you in control of your health.

Benefits

Here are just a few benefits of receiving Osteopathic Treatment.

- Increased levels of energy
- Better posture, flexibility and stability
- More restful sleep
- Improved mobility with natural pain relief
- Increased range of motion

- Reduced stress on joints

References

1. Benefits of Osteopathy <https://www.mayoclinichealthsystem.org/locations/onalaska/services-and-treatments/complementary-medicine>
2. What is Osteopathy? <https://www.nhs.uk/conditions/Osteopathy/>
3. Why choose Osteopathy?
<https://www.osteopathy.org.uk/visiting-an-osteopath/about-osteopathy/>

"Each year Osteopathy is making a most valuable contribution to the healthcare of millions of people nation-wide" HRH Anne, Princess Royal

