

What is Osteopathy?

Osteopathy uses 'hands-on' techniques to influence the way the body works. By manipulating the muscles, tendons, joints, connective tissue and ligaments, treatment can provide relief to the musculoskeletal system, the nervous system, and also the circulatory, respiratory and immune systems of the body. In this way, it is seen as a form of manual medicine which can influence all systems of the body towards a more efficient and holistic state of health.

Who can benefit from Osteopathic treatment?

Most people come to see osteopaths because they are in physical pain. Headaches, backaches, neck pain and sporting injuries are the most common complaints that osteopaths treat.

Osteopathic treatment however can help with a wide and varied range of conditions including:

- breathing disorders like asthma
- pregnancy related problems
- repetitive strain injury (RSI)
- stress related problems
- menstrual problems
- bad posture
- restricted mobility
- digestive problems
- migraine
- neuralgia
- joint pain
- jaw pain
- sciatica.

Treatment is suitable for most members of the community, from young to old, all areas of occupation, to all family members.

What will treatment consist of?

Your treatment will begin with a full case history and a thorough physical examination. The osteopath will use highly developed skills of palpation (feeling) to find areas of stress, strain or weakness in the body and after making a diagnosis, treat specific areas relating to your complaint. The techniques employed are safe, gentle and effective.

The techniques your osteopath will use may include:

- soft tissue techniques on muscles, ligaments and tendons
- stretching
- articulation of joints and
- joint manipulation.

Do I need a referral to see an Osteopath?

No, you do not need a referral to see an osteopath. Your osteopath and General Practitioner (GP) may work together in some instances, or your osteopath may suggest that you see a GP or radiologist where necessary.