

*Osteopathy is a safe treatment for you and your baby at all stages of your pregnancy.*



Find your closest osteopath at [www.osnz.org](http://www.osnz.org)

#### Osteopathy in NZ

- Osteopaths are Registered Health Practitioners
- In NZ Osteopaths are regulated by the Osteopathic Council of NZ (OCNZ) created by the Ministry of Health to enforce the Health Practitioners Competency Assurance (HPCA) Act
- It is illegal to use the term "Osteopath" in NZ without holding a current annual practising certificate and being registered with the OCNZ
- Registration is only granted to osteopathic practitioners who obtain proper tertiary qualifications and meet the stringent continuing education requirements of the OCNZ
- All registered Osteopaths are ACC accredited, and private health care insurers cover some treatment costs.
- The Osteopath can assist you in filing your ACC claim for you when you visit them; a visit to your GP is not needed.

#### The Osteopathic Society of New Zealand (OSNZ)

- The OSNZ is the largest professional association for Osteopaths, in New Zealand
- The OSNZ supports its members and the development of Osteopathy within New Zealand

# Osteopathy and PREGNANCY

