

What is Osteopathy?

Osteopathy is a form of drug-free, non-invasive manual medicine that focuses on total body health by treating the neuromusculoskeletal system.

Osteopaths work as Primary Health Care Practitioners and their goal is to improve the structure and function of the whole body. Osteopathic treatment is specific to the patient's individual complaint and involves soft tissue and manipulative techniques.

Osteopathic practitioners are often focused in a particular area, i.e. sports injury, babies and children, pregnancy related problems, rehabilitation etc.



What do Osteopaths do?

Firstly the Osteopath will take a down the patient's medical history and the details of what brings them to the consultation, they will then examine the patient.

The examination usually involves feeling muscle tone and tension, and assessing joint mobility, a range of neurological and orthopaedic tests may also be done. The Osteopath will look at any medical reports or test results that the patient brings with them. During this process the Osteopath will be reaching a diagnosis and talking through this with the patient; a treatment plan and expected outcomes will also be discussed.

Osteopaths are trained to have a clear understanding of medical signs and symptoms and as such will refer the patient to the appropriate medical practitioner when required.

Osteopaths may request x-rays, blood tests and other diagnostic testing when needed.

There are many different types of Osteopathic techniques. Most Osteopaths learn all types of techniques when they are training and most tend to refine their treatment to several types of technique as they work in practice and develop their skills.

Some of the techniques are more physical than others, e.g. manipulating spinal joints stretching and articulating joints and muscles, through to very gentle cranial osteopathic techniques (often used for babies and children).

What do Osteopaths treat?

Osteopaths treat a wide range of problems; the following complaints are commonly dealt with by an Osteopath

- Headaches and Migraines
- neck, whiplash, shoulder, back and pelvic pain
- arm and hip/leg pain
- unsettled babies, feeding difficulties, digestive problems, developmental issues in children
- chronic pain associated with arthritis
- post injury treatment, i.e. sports injuries, road traffic accidents, sprains strains and fractures