

What is Manual Osteopathy?

Osteopathy is a holistic, whole body approach to healing. It is a manual therapy, using gentle, non-invasive techniques, to address a vast variety of health concerns and different forms of pain.

The objective is to restore motion where it has been lost by realigning muscles and bones, which will alleviate obstruction of nerves, arteries, veins and lymphatics giving back the body's ability to self heal.

As Manual Osteopaths, we are looking to find the cause of the dysfunction. We assess to find where the pain is localized, as well as where else in the body is being affected by this restriction. Let's compare your body to that of a tent. A tent, like a body, has all kinds of bits and pieces holding it together and making it work. If one of those ropes, tent poles or the tent material itself, becomes damaged in anyway, the whole structure of the tent is affected. In much the same way, a restriction in the body affects all our systems, muscles, organs, bones, fascia even to how well we sleep or how happy or sad we feel.

As a Manual Osteopath, we have many different modalities, or tools in our tool kit so to speak, to help address various concerns in the body. Some of those modalities are:

1. **Osteoarticular techniques:** the relationship between your bones and soft tissues. ie your joints, muscles, ligaments, tendons and fascia. For example: when you have a sore low back, we will check your pelvic bones, hip bones, sacrum and lumbar vertebrae to make sure they are all in a functional and healthy alignment.
2. **Visceral Manipulation:** this is the relationship between your organs and how well they slide and glide in your abdomen, as well as how well they are functioning inside. For example: if you suffer from gas, bloating and irritable bowel symptoms, I would gently place my hands on your belly to feel for how well your large intestine, small intestine and other organs are moving and use gentle, external techniques (there is no internal work here!) to help bring them back into a functional and healthy movement pattern. Each organ has its own, specific mobility and motility pattern.
3. **Craniosacral therapy:** this is the relationship between your cranial bones, the cerebral spinal fluid, your nervous system and the Dural tube that runs down the length of your spine. For example: Someone who could benefit from this modality is someone who has chronic headaches, sinusitis, TMJ, grief, sadness, depression and low back pain to name a few.
4. **Advanced Fascial techniques:** this is the relationship between the spider web like material called FASCIA in our bodies and how well it is in alignment with all the rest of our body parts. For example: If you did have low back or neck pain, after checking the bony structures, we would move on to addressing the restrictions in the fascial lines that are intimately connected with every single tissue in your body.

- **What do Osteopathic Practitioners work on?**

Depending on your physical requirements found during assessment is what will be worked on during the treatment. These regions include:

- Head / Face
- Neck
- Upper Chest - Arms: Shoulders / Elbows / Wrists / Hands
- Spinal Column / Ribs

- Abdominal Region
- Pelvis - Buttocks / Legs: Hips / Knees / Ankles / Feet
- Breasts are excluded unless specifically indicated for clinical purposes

- **What kind of symptoms can Manual Osteopathy help with:**

- Joint issues: hip, shoulder, ankle, knee, elbow, neck, ribs, low, mid or upper back pain
- Muscular issues: aching, dull, chronically tight and over stretched tissues
- Visceral dysfunction: digestive issues; heartburn, bloating, indigestion, constipation, fatigue, hormonal imbalances, bladder incontinence, prolapsed organs
- Sleep: insomnia, falling and staying asleep, restless minds
- Body temperature regulation
- Reducing stress
- Managing grief, depression, sadness
- And much more!

- **What should I expect for my initial appointment?**

Your first visit consists of completing health history and consent forms. Concerns and medical conditions are discussed. Osteopathic structural assessment is conducted and treatment plans are discussed with you. Wearing loose/comfortable clothing is recommended. No jeans, spandex or leggings.

- **How long are treatment sessions?**

Initial consultation and treatment are an hour and 15 mins.

Subsequent treatments last up to 30-90 mins, depending on your specific issue and how well your body responds to treatment.

- **How many treatments will I need?**

Total treatments are dependant on the individual. The chronicity/acuity determines how often you may need to receive treatment. Your body's response also determines this. An appropriate time between visits is required to allow your body to integrate the changes made with each treatment. When results persist, less treatment is required and therefore the patient / practitioner can arrange treatments when is deemed necessary.

- **Is Osteopathy covered by OHIP?**

Osteopathic services are not covered by OHIP, however may be partially or fully covered by extended health insurance plans. Please contact your health provider.

- **Do I need a referral?**

A referral is not required for Osteopathic care.

- **Who can see a Manual Osteopathy?**

Anyone! From young babies to elderly, Manual Osteopathy is safe, gentle and non- invasive from the youngest to the oldest in our communities.