

What Is Osteopathy?

Osteopathy is a form of manual medicine that diagnoses and treats damaged parts of the body such as muscles, ligaments, nerves and joints.

There are a number of types of osteopathic treatment, from very gentle cranial techniques through to the more physical manipulative techniques.

Osteopaths assess the musculoskeletal function of the body. Often when there is a loss of function in the musculoskeletal system pain, stiffness and reduced movement may occur, (an example of this is a whiplash injury to the neck or a strain of the lower back). In this situation an Osteopath would use a variety of techniques to encourage normal movement and reduce pain.

When a patient loses a limb, either due to trauma or disease, their musculoskeletal system has to adapt to a new way of functioning. Patients can experience pain and discomfort in a wide range of areas of the body. Osteopathic treatment during and after this process, can help reduce pain, stiffness and discomfort. The Osteopathic approach is one that works within the limits of the patient whilst aiming to improve their function and physical comfort. Osteopathic treatments are often relaxing and not usually painful.

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