

What is Osteopathy?

Osteopathy is a manual form of healing which emphasizes the relationship between structure and function of the body. Osteopathy is a gentle, hands-on approach that focuses on the whole body and all of the body systems (organs, muscles, joints, nerves, blood vessels, lymphatics). Treatment can help alleviate muscle and joint pain, headaches, digestive issues, postural problems, edema, sleep, circulatory issues, and lymphatic symptoms.

Classical osteopathy stays true to the founding principles of the profession. Skill is honed from a mastery of principles and a thorough knowledge of anatomy, physiology, and pathology: not just memorizing techniques or adjustments.

An osteopathic practitioner, who treats using principles, is like a chef. By understanding the ingredients (anatomy), the chemistry (physiology), and how they interact, an innovative and effective treatment is developed for each patient and each treatment. Osteopathy encourages self-healing: the ability of the body to heal itself. The root cause of the symptoms is sought, to provide an effective treatment and allow the body to heal.

What to expect:

It is recommended you wear loose fitting clothing. You will not need to remove your clothing for treatments. Using hands-on, manual techniques the position of your joints and soft tissues will be eased to help restore normal function and facilitate the body's healing process. You may come in for pain/discomfort in one area but will receive additional treatment in other areas of the body in order to balance all systems and allow your body to function at its best.

The manipulation and hands-on work is gentle, but due to the work being done, a patient may feel a little sore for the first 24-48 hours (as though your body has had a work out). Follow up sessions may be recommended, but the ultimate goal is to get you feeling better so you don't need further treatment.

Amanda House has completed her Honours Kinesiology degree with a Minor in Biology, and is completing her Masters of Osteopathic Manipulative Medicine. She is currently treating patients out of Silver Birch Naturopathic & Wellness Clinic, and is accepting new patients.

