

INFORMATION HANDOUT
**BENEFITS OF
OSTEOPATHY**

FAQ

What is an osteopath?

An osteopath is a healthcare professional who specialises in the musculoskeletal system and can have several benefits, including:

1. **Pain Relief:** Osteopaths use hands-on techniques to identify and treat areas of tension, strain, and pain in the body. They can help relieve pain and discomfort caused by conditions such as back pain, neck pain, headaches, and joint pain.
2. **Improved Mobility:** Osteopathy can help improve joint mobility and flexibility.
3. **Injury Prevention:** Osteopaths can help identify areas of weakness or imbalance in the body and provide advice on exercises and stretches to help prevent injury and maintain good posture.
4. **Holistic Approach:** Osteopathy takes a holistic approach to health, considering a person's physical, emotional, and social well-being. They can provide advice on lifestyle changes such as diet, exercise, and stress management to help improve overall health and well-being.
5. **Complementary to other treatments:** Osteopathy can be used in conjunction with other medical treatments to provide a comprehensive approach to healthcare. Osteopaths work with doctors, physiotherapists, and exercise physiologists to provide coordinated care for their patients.

What is the difference between an osteo and a physio?

An osteopath and a physiotherapist are both healthcare professionals who specialise in treating musculoskeletal conditions, but they have different approaches to treatment.

Osteopaths focus on the whole body, and their treatments are based on the principle that the body is a self-healing organism. They use a variety of manual techniques, including soft tissue manipulation, joint mobilisation, and muscle energy techniques, to restore balance and function to the body. Osteopaths may also provide lifestyle advice, including exercise and diet recommendations, to help patients maintain good health and prevent further injury or illness.

Physiotherapists, on the other hand, use a wide range of treatment modalities, including exercise, manual therapy, and electrotherapy, to help patients recover from injury, illness, or disability. They typically focus on specific areas of the body that are affected by injury or illness and use evidence-based techniques to improve function and reduce pain.

In terms of scope of practice, osteopaths are focused on treating musculoskeletal conditions, but they may also be involved in treating other conditions such as digestive or respiratory issues. Physiotherapists can also treat a wide range of conditions, including neurological and cardiorespiratory conditions.

Overall, both osteopaths and physiotherapists can provide effective treatment for musculoskeletal conditions, but they have different approaches to treatment and may be more suited to certain types of conditions or patients. It is important to choose a healthcare professional who is best suited to your individual needs and preferences.

What types of conditions do osteopaths treat?

Our Osteopaths are best suited to treating musculoskeletal conditions, which involve the bones, muscles, joints, and other soft tissues of the body. Some of the conditions that osteopaths can help to treat include:

1. **Back pain:** Osteopaths can use manual techniques to help relieve back pain, including techniques such as spinal manipulation, soft tissue massage, and stretching exercises.
2. **Neck pain:** Osteopaths can use manual techniques to help relieve neck pain, including techniques such as neck mobilisation, soft tissue massage, and stretching exercises.
3. **Joint pain:** Osteopaths can help to alleviate joint pain caused by conditions such as arthritis, using a combination of manual techniques, exercise, and lifestyle advice.
4. **Headaches:** Osteopaths can help to relieve headaches caused by tension or muscle strain in the neck and shoulders, using techniques such as soft tissue massage, mobilization, and stretching exercises.
5. **Sports injuries:** Osteopaths can help to prevent and treat sports injuries, using techniques such as stretching, exercise, and manual therapy to help improve mobility, strength, and flexibility.
6. **Postural problems:** Osteopaths can help to correct postural problems, such as those caused by sitting at a desk for extended periods or carrying heavy bags, using techniques such as mobilization, soft tissue massage, and exercise.
7. **Pregnancy-related pain:** Osteopaths can help to relieve pain and discomfort caused by pregnancy, using techniques such as soft tissue massage, mobilization, and stretching exercises.

Overall, osteopaths can be effective in treating a wide range of musculoskeletal conditions and can provide an integrated approach to healthcare that includes manual therapy, exercise, and lifestyle advice.

Booking in to see our Osteopath:

Our Osteo is currently running out of our Kew and Brunswick clinics.

Total Physiocare Kew | 308A High St, Kew, 3101 | 9882 3291

TotalCare Brunswick | 66 Brunswick Rd, Brunswick, 3056 | 8393 5288

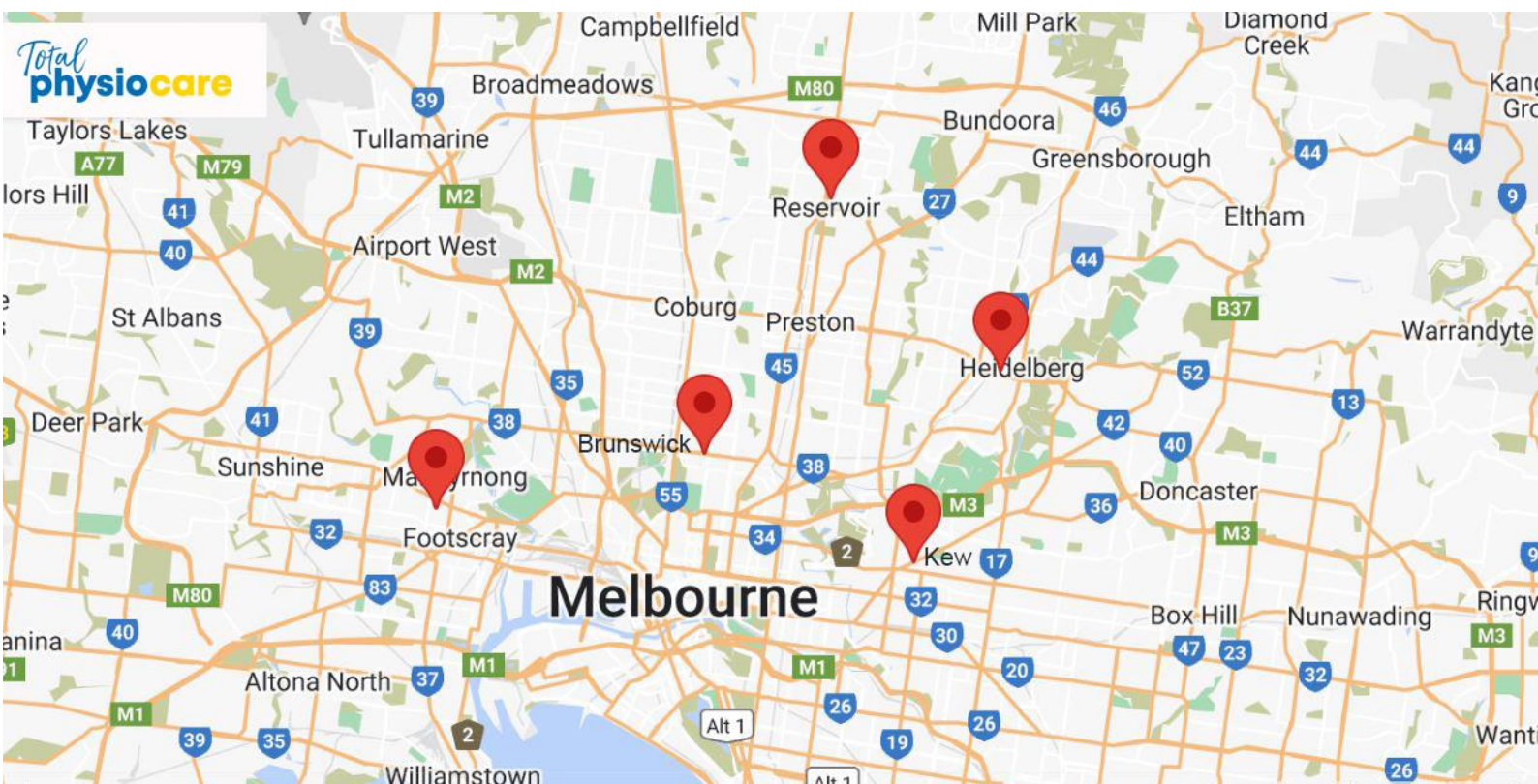
Total Physiocare runs many services across our 5 locations across Melbourne.

Call us or check out our website to learn more!

ONLINE BOOKINGS ALSO AVAILABLE

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