

Osteopathy



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What is osteopathy?

Osteopathy is a way of detecting, treating and preventing health problems by **moving, stretching and massaging** your muscles and joints. It is based on the idea that a **person's health depends on the bones, muscles and other tissues working well together**

The principles of osteopathy are:

- **The body is a unit:** all systems (muscular, skeletal, nervous, and others) are interconnected and the health depends on their balanced relationship
- The body is capable of **self-regulation, self-healing and health maintenance**
- The **body's structure and function are closely connected:** problems in one part can affect the whole body.



What is an Osteopath?

Osteopaths are **trained healthcare workers** who find and treat problems caused by **issues with muscles and bones.**

They can be:



a **licensed physician** (doctor osteopath) who practices medicine using both conventional treatments and osteopathic manipulative medicine



a **regulated healthcare professional** with a degree in osteopathy (non-physician osteopaths)



Body Issues and treatments

1 Body Issues

Most people turn to an osteopath for **help with problems affecting muscles, bones, and joints**, such as:

- lower [back pain](#)
- uncomplicated [neck pain](#) (as opposed to neck pain after an injury such as whiplash)
- [shoulder pain](#) and elbow pain
- [arthritis](#)
- problems with the pelvis, hips and legs
- sports injuries
- muscle and joint pain associated with driving, work or pregnancy



2 Treatments

Osteopaths **use their hands** to treat your body in a variety of ways, using a mixture of **gentle and forceful techniques**, like:

- **Massage**
- **Stretching**
- **Manipulation** of the spine and joints
- **Thrusts**: quick, short movements to the spine that can make a popping sound, like when you crack your knuckles

Osteopathic session

1

In the first session, the osteopath will:

- **Ask** about your **symptoms**, general health, and any other medicine or care you are getting
- **Use their hands to check your joints and ligaments**
- Ask you to **do simple movements and stretches** to check your posture and movement



Osteopathic session

Then, you should be able to:

- 2
- **Talk about whether osteopathy can help**
- **Discuss what the treatment plan will include**



Osteopathic session

3

In the end, the osteopath will:

- Explain **what they will do** and if you might feel any effects
- Invite you **to tell them if you feel pain** during or after treatment, or if you are worried
- **Advice exercises** to help you recover



Benefits of Osteopathy



Increases the **mobility of joints**



Relieves **muscle tension**



Reduces **pain**



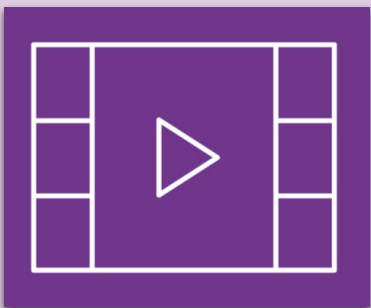
Enhances the **blood supply to tissues**



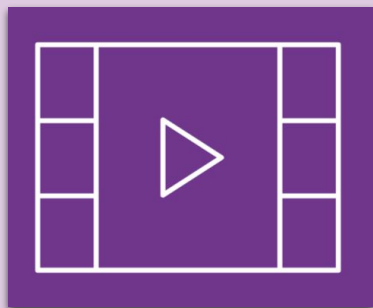
Helps the **body to heal**



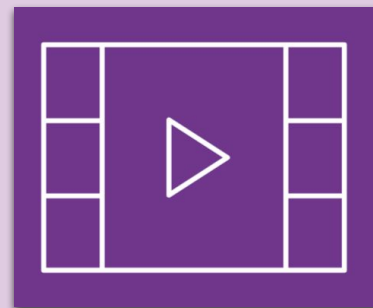
Useful videos



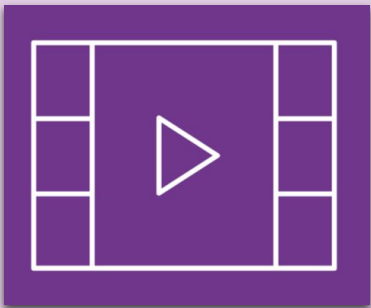
[What is Osteopathy?](#)



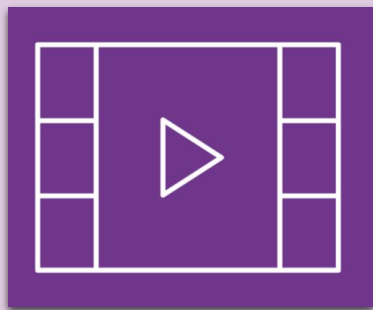
[Principles of Osteopathy](#)



[Osteopathic Manipulation](#)






[How to mobilise the thoracic spine](#)



[Benefits of Osteopathy](#)

Useful Resources

-  Use the section « [Osteopathy](#) » at NHS website to learn more about the osteopathy, how it is performed, safety and regulations.
-  Use the section « [About osteopathy](#) » at the General Osteopathic Council to learn more.
-  Learn more about « [What is osteopathic medicine and how is it different?](#) » at the Philadelphia College of Osteopathic medicine website.



TO FIND OUT MORE

