

What is Osteopathy?

Osteopathy is an established recognised system of diagnosis and treatment looking at the whole body system.

Developed in the 1850s, medicine of the time had few answers and many questions to musculo-skeletal problems. One practitioner in particular, Andrew Taylor Still, was inspired to 'start again' from scratch by looking in detail at the skeleton and its muscular attachments, nerve tracts and blood supply. This led to the concept that, with a completely balanced and efficient system, the body would be able to repel 'dis-ease'.

At Poole Bay, we view the body not just a series of organs bolted together but as a whole working structure. Efficient interaction between the structure of the body and the functions required of it will produce good health. The human body has the amazing ability to regenerate and repair itself and we hope to realise this in all our patients.

Our Approach

Traditionally osteopathy has been linked with back and neck pain, however the objective of the discipline is to remove inefficiencies from your system in order to improve your wellbeing. We do not start with the symptoms as a medical diagnosis does. Instead we look at posture, tone symmetry and the history of the demands on the body, all of which influence the likelihood of generating the 'abnormal' conditions resulting in your discomfort.

Simple Anatomy

There are five major bones in the lumbar spine sitting on top of the sacrum, a large triangular bone that sits between the two halves of the pelvis. Above these lumbar vertebrae are twelve thoracic bones with their associated ribs and above these are the seven vertebrae of the neck.

This is common to all mammals; amazingly a giraffe has the same number of vertebrae as a human! Muscles and ligaments then span these bones across the joints producing bends and twists that may involve just one, or many different vertebrae. The blood supply and nerve connections to these areas need to communicate effectively and on occasions these have to pass through narrow gaps between bones or through muscles.

Is it any wonder, therefore, that occasionally an awkward movement or repeated activity causes sufficient pressure to press on a nerve or strain a joint?