

## What treatment techniques do Osteopaths practice?

Your treatment will involve careful examination using a variety of medical and osteopathic techniques by a qualified osteopath. We find that the most significant impact on recovery is changes made by you the patient. Recognising any bad habits or problems that may be aggravating your posture it is possible for you and your osteopath to devise a recovery program.

The osteopath is known for the manipulative treatments\* that involve 'pops' of joints in the back. These are common to Chiropractic and increasingly to Physiotherapy and are employed for different reasons in different situations.

This is far from all that an osteopath can offer however. Modification techniques affecting the tone, power and pliability of muscles include:

- Massage and Stretching
- Articulation - moving the joint within its physiological range
- Muscle energy techniques
- Counterstrain - utilising the nervous system to adapt tone and control
- Functional techniques
- Visceral - working through the organs of the body
- Craniosacral techniques - using the primary respiratory mechanism to optimise health
- Exercise - flexibility, power, stamina
- Strapping - teaching you how to tape effectively and protect joints

\*High velocity, low amplitude thrust techniques (clicking a joint)