

Clinic Services

Osteopathy

Osteopathy is a holistic, whole-body approach to healthcare.

Osteopathic Manual Therapy embraces the theory that imbalances in the human structure affect the development and/or the maintenance of disease. Practitioners recognize that the human body is self-regulating and self-healing.

For a body to heal itself, it must freely circulate all of its fluids and liquids. These fluids include the blood, lymph, synovial fluid, digestive juices, cerebrospinal fluid, axoplasm and other cells. Nature is allowed to do its job of removing obstacles and obstructions that interfere with the proper nutrition and drainage of the body's tissues. Any obstacle that impedes the circulation of fluids within the body is the focus of osteopathic assessment and treatment.

Manual 'hands-on' techniques improve circulation and correct altered biomechanics. The focus is on restoring health, rather than treating disease.

An Osteopathic Manual Therapist determines the origin and effects of aging, trauma, and other experiences, to create and administer a personalized treatment plan.

Why Osteopathy?

- Improve overall health and function naturally
- Improve circulation
- Increase joint mobility
- Improve digestive and respiratory function

What to Expect?

Your Osteopathic Practitioner examines your detailed health history to understand the various factors that contribute to your issues. They complete a whole-body assessment and focus on problem areas. They assess the position, mobility and quality of certain tissues, fluids, and rhythms of the body.

Treatment is a series of gentle hands-on techniques to release tension and restore balance while integrating multiple systems of the body.

Osteopathic Manual Techniques and Treatment include:

- Body Adjustment
- Cranial and Visceral Techniques
- Facilitated Positional Release
- Myofascial Release
- Muscle Energy

Does my extended health cover Osteopathic Treatments?

Most major providers of extended health insurance accept Osteopathic Manual Practitioners as qualified providers. Consult your specific plan for details.

[Osteopathy Health History Form »](#)

*Information above taken from the Ontario Osteopathic Association (OOA) website:
www.ontarioosteopathy.com