

OSTEOPATHY

SPRINGWOOD

Natural Health Clinic

Where Your Health and Wellbeing Matters ~ Naturally

Welcome to the special edition Springwood Natural Health Clinic Newsletter on Osteopathy.

What's the difference between Osteopaths, Chiropractors and Physiotherapists?

It's not the role of any health professional to try to define what another health care professional is, and what they do. If you want a definition, it would be best to ask people in those professions. What we can do is tell you about the defining characteristics of Osteopathy, which are its underlying philosophy and its broad range of techniques.

While 'Biomechanics' has become one of the most rapidly developing areas of medicine in recent years, Osteopathy was an early profession to incorporate biomechanical analysis of how injuries occur and what the secondary effects are likely to be. To take a simple example, if you go to an Osteopath with a knee injury, the Osteopath will do much more than just examine and treat your knee. They will want to know exactly how the injury occurred in order to assess not just which tissues in the knee are injured, but also whether there may be any involvement of other areas with a mechanical relationship to the knee, such as the foot, hip, lower back and pelvis, and the associated soft tissues.

They will then want to analyse any possible secondary effects. For instance, you may be 'avoiding' the bad knee and putting more weight on the other side. Over a period of time, this may lead to problems developing in the lower back or the 'good' knee. The Osteopath will then use this information to prescribe a treatment plan that addresses not just the knee, but all of the other areas of the body and associated tissues that may be involved. The plan will include attention not just to the joints and their associated soft tissues, but also to the blood

supply to the affected areas, the lymphatic drainage, the nerve supply etc., in order to include all those factors which will affect the success of healing. It is this 'whole body, multi-system' approach that has been the basis of Osteopathy's success over the last century.

http://www.osteopathic.com.au/index.php/about_osteopathy



Did you know?

Osteopaths collectively treat over 50,000 people a week.



Dr Paul Gray is available at the clinic on the following days:

Tuesday: 2:00pm - 7:30pm

Thursday: 8:30am - 12:30pm

Saturday: 8:30am - 12:30pm

What conditions do Osteopaths treat?

Osteopaths treat a wide variety of musculoskeletal problems but they also have a role to play in the management of a number of other conditions. The most common complaints for which patients consult Osteopaths include;

- Back and neck pain
- Sciatica
- Headaches
- Pains in peripheral joints such as shoulders, knees and ankles, tendinitis and muscle strains
- Work-related and repetitive strain injuries
- Sports-related injuries

Contact the clinic to arrange your next Osteopathy appointment.

We look forward to welcoming you at the clinic again soon.
13 Carol Avenue, Springwood Q 4127 • Phone: (07) 3808 8624
Visit us on our website: www.springwoodhealth.com.au
Questions? Comments? Email info@springwoodhealth.com.au

