



Osteopathy and Back pain a safe and effective approach

Back pain will affect 8 out of 10 people at some point in their life - mild or severe, acute or chronic.

Common causes of back pain include:

- heavy lifting
- trauma, such as car accident or fall
- extensive sitting or standing
- pregnancy and childbirth
- insufficient flexibility
- digestive conditions such as constipation or irritable bowel
- menstrual pain or endometriosis
- muscle weakness
- dysfunction in the upper back, pelvis or lower limbs

Other more serious causes include disc injury, fracture, tumour or infection. Osteopaths are trained to differentiate between uncomplicated back pain, and pain that requires referral to a specialist.



Osteopathy and backpain

Your osteopath will help you develop an effective course of action, and can:

- improve joint mobility
- reduce muscular tension, inflammation and nerve irritation
- offer advice on posture, exercises and stretches
- advise on ergonomics at home or the workplace
- refer you for x-rays or other scans when required
- help you lodge an ACC claim if your pain is the result of an accident.

For further information, and to find an osteopath near you visit www.osteopathsnz.co.nz



Osteopathy and Children

a safe, gentle and effective approach to treatment

Osteopathy recognises the particular stresses on the body undergone by children as they grow from babies to teenagers, and have approaches to work with children of all ages.

Children are very active and experience many different types of strain, from the trauma of birth to the various falls and accidents commonplace in the early years, to growth spurts, illnesses or sports injuries. These may interfere with normal development, or result in pain, stiffness or discomfort.

Your osteopath is able to help with treatment and advice throughout each stage of your child's growth.



Osteopathy and Children

Every child is different, and your osteopath will assess your child individually and work with you to plan the best way forward. This should involve a thorough history and examination, and your osteopath will be able to provide a referral to another health professional as needed. Treatment itself is very gentle, as your osteopath helps ease the strains found.

Osteopaths commonly help babies with such symptoms as constant crying, feeding difficulties, colic or reflux, neck stiffness and flat head syndrome.

Children and teenagers may be helped if they suffer from headaches, neck or back pain, recurrent ear infections, asthma, behavioural or learning difficulties or postural problems.

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Osteopathy and Headaches an effective approach to treatment

The most common type of headache originates from muscle stiffness or joint strain in the neck and upper back.

Other causes of headache include:

- eye strain
- sinus congestion
- whiplash injury
- stress
- jaw imbalance and teeth grinding
- allergies
- poor posture



Osteopathy and Headaches

Your osteopath can:

- improve your general mobility
- improve the mobility of your ribs, thoracic and cervical spine
- reduce muscular tension, nerve compression and inflammation
- advise on posture, exercise and stretching to help prevent a recurrence of symptoms
- advise on improving the ergonomics of your home or workplace
- differentiate between headaches with common causes and those due to something more serious, and refer you to another health professional if necessary

If your headaches are the result of an injury, your osteopath can help you lodge an ACC claim, no GP referral required.

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Osteopathy

a hands-on approach to health care

Osteopaths are primary health care practitioners who recognise the important link between the structure of the body and the way it functions. Osteopathy is a form of manual medicine which facilitates healing by focusing on how the musculoskeletal system, nerves, circulation and internal organs function as one unit.

Your osteopath can treat a wide range of conditions including back and neck pain, sports or work injuries and other joint or muscle disorders. They also assist with breathing or digestive complaints, and many other conditions which may have a musculoskeletal component. Osteopathy is safe and gentle enough to treat people of any age, from young children through to the elderly.

Osteopathy recognizes that each patient's clinical signs and symptoms are the consequences of the interaction of multiple physical and non-physical factors. Osteopaths make a thorough evaluation and then formulate a diagnosis taking into consideration the whole person.



Osteopathy

Your osteopath typically uses their hands to diagnose restrictions and strain, and provides manual treatment in order to decrease pain and improve function. Osteopathic care emphasizes the importance of the patient-practitioner relationship in the therapeutic process and adapts each treatment to meet your specific, individual needs.

In New Zealand, osteopaths undergo five years' university training and are registered with the Osteopathic Council of NZ. Osteopaths are ACC treatment providers and you do not require a referral from your GP to receive ACC covered treatment.

For further information and to find an osteopath near you visit www.osteopathsnz.co.nz



Osteopathy and getting older gentle and effective treatment to help keep you active

Many older New Zealanders mistakenly believe that the effect of ageing on their body's joints is inevitable, and that pain is a fact of life they must learn to live with.

Keeping mobile is the key to your health and independence. Osteopaths can offer treatment and advice to help improve mobility, circulation and balance, reducing joint stiffness and pain and helping you lead a more fulfilling life.

Your osteopath can work with other health practitioners to ensure a complete, integrated approach to your health care.



Osteopathy and getting older

Your osteopath can:

- provide safe, gentle and effective treatment to keep your body balanced and mobile
- suggest home exercises to keep you stronger and more flexible
- give guidance on other exercise such as walking, tai chi, yoga or gym work to aid your circulation, balance and maintain muscle tone
- advise on gentle stretches to maintain joint and muscle flexibility and help prevent injuries

Osteopathy's gentle and effective techniques may also help with the symptoms of general stiffness, back, neck, hip or knee pain or arthritis, and treatment can be extremely helpful with recovery after surgery.

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Osteopathy and Pregnancy

a safe and gentle approach to
pre- and post-natal care

Your osteopath can help prevent or manage a wide range of pre- and post-natal conditions and work with your LMC or other health professional as needed.

Osteopathy is a safe and effective method of manual therapy for mothers and babies. Your osteopath carefully selects the most appropriate treatment to suit you as an individual, and to ensure the safety and comfort of you and your growing baby.

During pregnancy, your body undergoes many dramatic changes, many of which can put extra stress on your body. Some women experience back pain, pelvic pain, sciatica, shortness of breath and a range of other discomforts which your osteopath may be able to help with.



Osteopathy and Pregnancy

Your osteopath's aim is to assist the natural process of pregnancy and birth - maximising your body's ability to change and support you and your baby with a minimum of pain and discomfort. As well as providing gentle hands on treatment, your osteopath can offer advice on ways you may be able to manage these symptoms.

Optimal pelvic mobility and alignment is important for the birth, and your osteopath is able to help with any musculoskeletal strains that may affect the process. After the birth, your osteopath can assist with problems like pelvic, back or neck pain, pelvic floor weakness or a range of other discomforts you may face as a result of the birth or caring for a newborn.

Your baby may also benefit from osteopathy - ask your osteopath about how they could help.

For further information and to find an osteopath near you visit www.osteopaths.nz



Osteopathy and Sports

An effective approach to prevention and treatment of injury

Whether you are a weekend warrior or an elite athlete, your osteopath can help prevent and treat many sporting injuries, including:

- shoulder, elbow and wrist injuries
- knee, leg and ankle injuries
- hip and pelvic injuries
- neck and back strains

Reduced joint or muscle flexibility will affect your performance and may increase your chances of injury. If you do become injured, your osteopath is highly trained to facilitate a return to optimal function and prevent compensatory strains from occurring. This will minimise re-injury and allow a quicker return to physical activity.



Osteopathy and Sports

Osteopathic treatment involves safe, gentle and effective manual techniques, including soft tissue stretching, mobilisation, inhibition and manipulation. These techniques assist in improving elasticity, strength, endurance, mobility and performance.

Your osteopath can also provide advice on training, or what types of activities might be appropriate if you have an existing condition and would like to begin exercising.

Osteopaths are registered ACC treatment providers, and are able to lodge an ACC claim for your sports injury without a GP referral.

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