



# OSTEOPATHY

**Osteopathy** is a holistic approach to help diagnose and treat the root cause of your pain. Treatment uses a range of techniques, including massage, stretching, joint mobilisation, joint manipulation, home based rehabilitation and health education.

Problems our Osteopath can help you with include:

- Chronic pain
- Regular headaches
- Pregnancy
- Arthritis
- Lower back pain
- Postpartum

The program is delivered at the Euroa Medical Clinic.



## FOR MORE INFORMATION

To access the Osteopath, please contact Primary Care Connect on (03) 5823 3200 or visit our website at [www.primarycareconnect.com.au](http://www.primarycareconnect.com.au).

## WHAT WILL YOUR APPOINTMENT LOOK LIKE?

- Your initial consultation will include discussing what your complaint is, when it impacts you the most and any other relevant information such as medical history.
- Once a case history has been taken it's time for your physical exam. We will assess your joints range of motion, feel how tight/tense your muscles are, and complete some orthopedic testing to see what may be causing your pain.
- Once we have assessed your body, a treatment plan will be discussed with you. Here we'll talk about why we are treating a specific structure, what hands on techniques will be used and answer any questions you may have.
- Treatment could include a variety of techniques including massage, joint mobilisation (moving the joint), joint manipulation ("cracking"), stretching, balancing ligaments and more!

## WHAT HAPPENS AFTER YOUR APPOINTMENT?

- Once your treatment is over we can discuss at home exercises and/or other exercise based classes that may benefit you.
- You will be rebooked at a time that suits both you and the cause of your complaint e.g. monthly for chronic arthritic pain or weekly for an acute ankle sprain.
- You may feel a little tender after your appointment but overall should see a big improvement in your presentation! The Osteopath will discuss this with you during and after your appointment, but always ask if you have any concerns.
- Eventually you shouldn't need to see the Osteopath anymore (or very rarely) because YOU will have all the tools you need to manage your health and wellbeing!



**WANT TO KNOW MORE?**

Visit [whatisosteo.com](https://www.whatisosteo.com), or call Primary Care Connect on 5823 3200.