



infosheet

Osteopathy

Why choose an Osteopath?

Osteopaths promote wellbeing by improving physical function. Physical function refers to the health of the person's structure and their ability to perform the activities of daily life at work, sport and home. Mostly Osteopaths are consulted about recovery from injury, reducing pain and tension and improving tissue and joint function.

Patients often comment that Osteopathy is very thorough and comprehensive. This is because Osteopaths review how your whole body is functioning when designing a treatment plan.

Osteopaths may also assist with general health – for example by teaching better breathing habits and improving the mobility of a person's ribcage to assist with a respiratory problem or by treating scar formation after surgery.

Osteopaths are registered by government after completing five years of University training. They are trained to both diagnose and treat problems that fall within their scope of practice.

Which problems do Osteopaths treat?

Osteopaths are consulted by people of all ages about:

- Arthritis
- Headache and migraine
- Neck, shoulder girdle and back pain
- Pain, particularly re-occurring pain
- Referred pain such as sciatica
- Posture, tension, stiffness and weakness
- Sports injuries
- Repetitive injuries from work or sport
- Pregnancy and post partum care
- Work and motor vehicle accidents.

What services are provided by Osteopaths?

Osteopaths first provide a diagnosis which includes understanding how activities and the way your body currently performs is contributing to the problem. Treatment will usually include targeted "hands on" therapy including specific massage, mobilisation and possibly manipulation as well as exercises to reduce pain and improve mobility, strength and support. Advice about how to care for the problem such as home exercises or advice about ergonomics and simple relaxation techniques is given. Strapping or a brace may be indicated for some injuries.



Did you know?

Over half of all patients who attend Osteopaths in Australia have had their problem for more than 3 months. Surveys of patients receiving osteopathic treatment consistently show high levels of satisfaction – with 75-95% of patients said they were satisfied with osteopathic treatment and results.

Source: Licciardone et al 2002 *Patient satisfaction and clinical outcomes associated with osteopathic manipulative treatment*. J AmOstAssoc 102:1-12
Pincus T et al. 2000 *Patients' satisfaction with osteopathic and GP management of low back pain in the same surgery*. Comp Ther Med 8:180-186

What can I expect during my first consultation?

You will be asked for details of the problem/s, any other areas of your body you would like to function better, your general health, how your problems limit you and your goals. Bring along relevant scans and X-rays for review. To determine a diagnosis and understand how your nerves, muscles and joints are working, a thorough examination using both medical and functional tests will be performed. Your diagnosis and factors affecting your recovery or limiting your physical functioning will be explained. Referral to your doctor or other treatment services may be recommended. Options for treatment, based upon the latest research evidence will be discussed with you and your preferred plan of treatment commenced.



Do I need a referral?

Referral is not needed except to access Veterans Affairs and Medicare rebates.

Which rebates cover Osteopathy?

All private health funds, WorkCover and Veterans Affairs provide rebates for Osteopathy. Medicare provides rebates under chronic disease management plans.

References:

Australian Acute Musculoskeletal Pain Guidelines Group, (2003). *Evidence based management of acute musculoskeletal pain*. Australian Academic Press, Brisbane.
Hayden J et al 2005 *Exercise therapy for treatment of non-specific low back pain*. Cochrane Database of Systematic Reviews
Licciardone JC et al 2006 *Osteopathic manipulative treatment for low back pain: a systematic review and meta-analysis of randomized controlled trials*. BMC Musculoskeletal Disord. 6:43
Licciardone JC et al 2010 *Osteopathic manipulative treatment of back pain and related symptoms during pregnancy: a randomized controlled trial* Am J Obs & Gyn 202:1:43

Solutions Osteopaths

• Louise Adam

DO, M OstSc, Post Grad Cert (Pilates Method)

Over 30 years of practice, Louise has blended the latest evidence on effective “hands on”, exercise and self care that assist recovery and improve quality of life. Her particular interest is long standing and re-occurring pain. Louise has been a lecturer and head of program for Osteopathy at the University of Western Sydney, a consultant providing expert opinion on injury management, member of the registration board and president of the Australian Osteopathic Association.

• Julie Harrison

BAppSc (Osteo) M Osteopathy

Julie is a keen sports woman involved in soccer and hockey. Julie has expertise in providing pain relieving treatments for older residents in a care facility. Julie offers both gentle and more direct “hands on” therapy and advice on home care to treat conditions that range from sports injuries to chronic pain.

Exercise services

- Solutions Osteopaths can assist clients to develop new ways of using their bodies that provides comfort, flexibility and fitness for their chosen activities using exercise therapy incorporating the Pilates method. Depending upon your preference, we offer exercise using the innovative Pilates Method equipment at our centre, small group classes or home exercise programs.
- Exercise therapy can assist recovery, injury prevention improved fitness and posture.
- Solutions incorporates the exercise principles of healthy ageing to assist in maintaining bone density, body comfort, strength and flexibility and balance exercises to reduce the risk of falls.

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