



NZ OSTEO

The face is a picture of the mind with the eyes as its
interpreter - *Marcus Tullius Cicero*

Autumn 2025

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Message from the Editor:

Welcome to the Autumn issue! The board is full steam ahead, locking in speakers and finalizing plans for this year's Auckland conference. Our theme explores how traditional osteopathy can embrace the future—integrating AI-driven clinic systems and new diagnostic tools while staying true to our hands-on roots. We're also excited to introduce a dedicated research stream, bringing the latest insights in physical therapy to the conference.

We can't wait to share it all with you in September. Meanwhile, enjoy the read!

-Morgan Hancock





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Message from the Chair

Tēnā koutou, Happy New Year – though how is it April already? Easter's nearly here – anyone else craving chocolate fish and a long weekend?

Collaboration and Progress

The phrase "if you want to go fast, go alone; if you want to go far, go together" resonates quite nicely with all the fantastic mahi our people have been doing this past quarter to advance osteopathic care across Aotearoa. Our board has been firing on all cylinders, even with those late-night Zoom meetings! We have a fantastic team and exciting plans ahead.

Special Mentions

I would like to make a special mention to our membership, who have willingly provided input to the board on various projects:

- Concussion
- ACC pain management
- The collaborative effort to provide valuable feedback on the WMA consultation process to the Osteopathic Council.

Conference Update

Alana, our event facilitator, is crafting our conference into a very exciting lineup. We are well underway, and this year promises to be exceptional (wait until you see the research stream Kesh's team has put together – it's going to be clinic gold!). We are also very grateful for the partnership and ongoing support we have with our sponsors. The [Conference website](#) is now up!

New Members and Awards

I would like to welcome the 15 new members, including practitioners returning from overseas and graduates from Ara | Te Pūkenga's osteopathic programme.

Special recognition goes to Justine Gunther, our 2024 Emerging Practitioner, who has been brilliant in her time at ARA and is extremely deserving of this award, as you will come to learn.

ACC Update

We were not successful in securing a meeting with Julie at ACC due to internal changes within ACC. We have learned that our new ACC liaison will be Rosemary Kennedy. With any change, we aim to quickly build a relationship for our profession in this space.

Concussion Feedback

Thank you to those who provided concussion feedback. If you missed this opportunity, please let me know your credentials in this area. The link is [here](#).

Insurance Policy Change

Effective 1 April 2025, our group insurance policy has moved from VERO Liability to QBE. This change was necessary due to VERO's refusal to assist with complaints of a non-sexual nature involving issues around physical contact or verbal consent, both inherent aspects of osteopathic practice. Please reach out to James at Affiliated for more information.

As we look forward to implementing the board strategic plan in the coming months, I would like to express my gratitude to everyone who has contributed to our progress. Your dedication and collaboration are invaluable, and I am excited to see what we can continue to deliver for our profession this year.

Thank you for your continued support, and I wish you all a wonderful Easter break.

—Anj Young



Integrative Osteopathy: Foundations & Future

CONFERENCE 2025

The ONZ Conference 2025, Integrative Osteopathy: Foundations & Future, is set to be a highlight of the osteopathic calendar, offering an in-depth exploration of both the enduring principles and the evolving future of osteopathy. Hosted at **JetPark Hotel & Conference Centre** in Auckland, this year's event provides a unique opportunity for practitioners to engage with expert-led discussions, hands-on workshops, and cutting-edge research presentations. The venue is conveniently located just a short distance from Auckland Airport, ensuring easy access for both local and international attendees.

The programme has been designed to cater to a broad range of interests and specialisations, with dedicated conference streams covering innovation, integration, and professional impact. Delegates will gain valuable insights from specialist speakers, including Paul Hermann, a dual-titled Advanced Exercise Rehab Osteopath and Exercise/Sports Scientist from Australia. Alongside these key presentations, interactive workshops will allow attendees to refine their skills and explore practical applications of emerging techniques. A dedicated exhibitor space will also showcase the latest advancements in physical therapy tools, and products.



*Where tradition
meets
innovation*





Looking at our future

One of the standout elements of this year's conference is its **research vignettes**, offering a snapshot of current and future-focused studies in osteopathy. These short presentations will cover a diverse range of topics, including AI-driven innovations in healthcare, the expanding role of osteopaths beyond traditional clinic settings, interdisciplinary collaborations with other healthcare professionals, and upcoming policy developments that will impact the entire profession. With osteopathy's scope of practice continuing to evolve, these research discussions will provide essential knowledge on how practitioners can adapt and position themselves within the wider healthcare landscape.

Beyond the formal sessions, the conference provides ample opportunity for networking and professional engagement. The **Friday evening welcome drinks and nibbles** will allow attendees to unwind after the opening afternoon sessions while connecting with colleagues and industry professionals.

The **conference dinner on Saturday night** is another social highlight, offering a chance to enjoy good food, great company, and lively discussions outside of the formal conference setting. For sports enthusiasts, the timing couldn't be better—an **All Blacks game will be held in Auckland on Saturday night**, making for an exciting evening option for those who wish to extend their experience beyond the conference itself.

Accommodation

Given the increased demand for accommodation due to the All Blacks game, we strongly recommend that attendees book their stay early. To assist with this, ONZ has secured a **15% discount for conference delegates at JetPark Hotel**. The special delegate code **CONZ25** can be used when booking online through the [JetPark Hotel website](#), offering discounted flexible rates on selected room types (STQ, SUK, SUT, DEK & DXT) for stays from 5th-7th September.

With a strong lineup of speakers, engaging research streams, hands-on learning opportunities, and vibrant networking events, Integrative Osteopathy: Foundations & Future promises to be an invaluable experience for osteopaths looking to deepen their knowledge, refine their skills, and connect with like-minded professionals. We look forward to welcoming you to Auckland this September for what will undoubtedly be an inspiring and dynamic event. [Early Bird Tickets are on sale now](#)



Programme

Friday 5th September:

Registration and Lunch: 12:00pm
Afternoon Conference Session
Evening welcome Drinks in the Lat Bar

Saturday 6th September:

Full Day Conference Sessions
Conference Dinner 7:30pm

Sunday 7th September:

Conference Sessions to conclude by 3:30pm





The Journey to Clinical Practice

Expectation vs Reality: How I Came to Call Myself an Osteopath

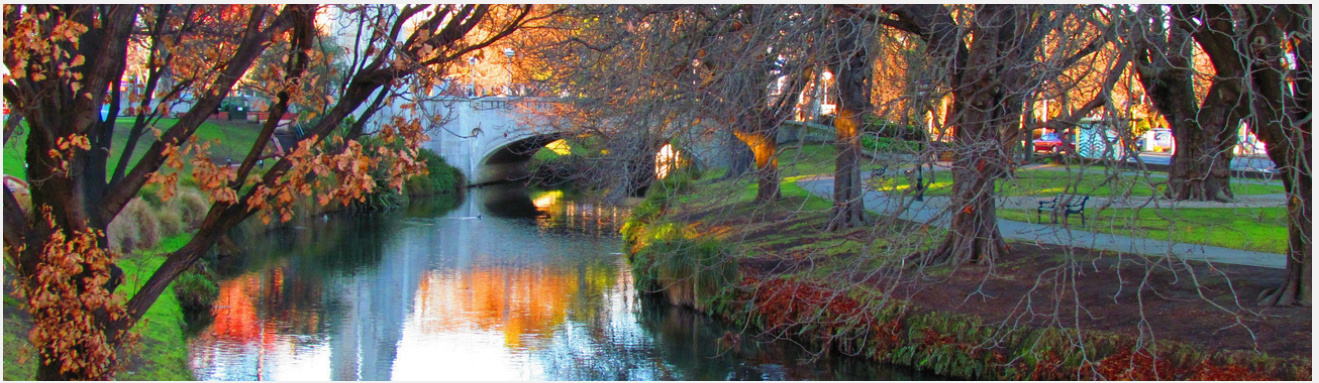
Kauri Walmsley, a recent graduate from Ara Institute of Canterbury, is now practicing at Bodylogic in New Plymouth. In this personal reflection, he shares his journey into osteopathy—from early inspiration and student life to the realities of clinical practice—and the lessons he's learning along the way.

Why do we choose a career in healthcare? The seeds of my journey into osteopathy were planted early, though they remained dormant for years. As a child, I received osteopathic treatment for recurring sports injuries, sparking a curiosity about this unique approach to healing. But it wasn't until much later, after a hip injury while surfing in Central America, that this curiosity turned into something more.

Living with persistent pain forced me to reflect on those early experiences and the relief I had once felt through osteopathic care. It was a pivotal moment. I realised I wanted to understand my body, heal my own injury, and, in the process, help others do the same.

At the time, I was living in British Columbia, Canada, and once I committed to studying osteopathy, the next challenge was figuring out where in New Zealand I could do it. Initially, Unitec appeared to be the only option, and I resigned myself to five years of being a broke student in Auckland. However, after several emails with their administration team, I learned the programme was being phased out and was no longer accepting new enrolments.

A few more web searches led me to the Ara Institute of Canterbury, which had recently launched its own osteopathy programme. Four years of student life in Christchurch seemed like a more palatable prospect, so I took the plunge.



From Student to Practitioner

When I started at Ara, I was part of only the third intake of students in a relatively new four-year study pathway. The program was still evolving, with educators balancing both teaching and refining course content at the same time. Despite the growing pains, Ara made a strong effort to involve students in shaping the curriculum, using feedback to improve the experience for future cohorts.



Four years may not sound like a long time, but a lot can happen in that period. Life rarely unfolds as planned, and unexpected challenges are inevitable. Whether it takes four, five, or even six years to qualify and register as an osteopath, the key is persistence. If you stay the course, graduation will come, but then comes the next challenge: earning a living.

Like many other osteopaths, I knew I'd likely be working as a contractor, charging a set fee per patient while giving a percentage to the clinic. In an ideal world, a fully booked schedule would provide an income beyond what most students could imagine.

However, this is where expectations and reality often clash. As I approached graduation, I heard from recent graduates about the job market, particularly in Canterbury. Because the program was based in Christchurch, the region had quickly become saturated with new osteopaths, and some were struggling just to cover their basic costs.

Yet, there was an interesting paradox, while Christchurch was overflowing with practitioners, regional clinics across New Zealand were actively searching for Osteopaths. That sparked my curiosity to explore opportunities beyond the city.

Moving North

Before jumping into the job market, I needed to clarify what I actually wanted from my first role. Three key priorities emerged:

Continued Learning – I was keenly aware of my limited clinical experience, so mentorship felt essential. I wanted to work in a setting where I could continue

developing my skills under experienced practitioners.

Financial Stability – A salaried position, rather than the uncertainty of contract work, would allow me to focus on learning the profession without the added stress of financial insecurity.

A Positive Work Environment – I hoped to work in a multi-disciplinary clinic alongside practitioners from different backgrounds, allowing for collaborative learning and diverse perspectives.

With these priorities in mind, I started looking beyond Christchurch and was fortunate to secure a job offer. The next step? Moving to the North Island.

Now, moving is never easy, but trying to fit six years of life into one car? That was a whole different challenge.



Somehow, my partner, our dog Muki, and I managed to cram our belongings into every available space, playing a real-life game of Tetris with our possessions. It was chaotic, but with the car packed and our future uncertain, we hit the road, ready for the next chapter.

Lessons Beyond the Classroom

Transitioning into clinical practice was surprisingly smooth, thanks to my training at Ara. The foundation I had built during my studies gave me confidence in my skills, making the shift from student to practitioner feel natural. However, as my weeks became busier, I quickly realized there are some lessons you can only learn on the job.

One of the biggest? **The importance of resourcing yourself.** In the clinic, we see a steady stream of people, many of whom are having the worst day, week, month, or even year of their lives. As osteopaths, we enter this profession because we genuinely want to help others, often bringing a strong sense of empathy into our work. But what I'm learning is that to truly take care of others, we have to take care of ourselves first.



Another valuable lesson? **The art of managing people.** Osteopathy is a hands-on profession, and we tend to focus on technique. But if we don't address the behaviors that contribute to an injury in the first place, real progress can be slow. You can apply all the right techniques, but if a patient leaves the clinic and immediately returns to the habits that caused the issue, the cycle continues.

This is where mentorship has been invaluable. Having someone willing to share their clinical knowledge, especially when it comes to patient management, can save years of trial and error.

Learning how to guide patients toward sustainable changes not only improves their outcomes but also leads to greater job satisfaction. After all, there's nothing more rewarding than seeing real, lasting progress instead of treating the same problem over and over again.



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Staying Curious, Staying Present

At the end of the day, it's just you and your patient in the treatment room, a space where your knowledge, intuition, and hands come together to make a difference.

The same curiosity that led you down this path will be what keeps you engaged, growing, and fulfilled. Every patient is a new story, a new challenge, a new lesson. Stay open to learning, stay passionate about the process, and, most importantly, stay present, because even the smallest impact can mean everything to the person sitting in front of you.

--Kauri Walmsley

The Evolution of Osteopathy

Learning from Physiotherapy's Glow-Up

As healthcare trends come and go, one thing is clear: change is inevitable. Osteopathy, with its deep roots in manual therapy, is now at a pivotal moment. The past decade has seen physiotherapy undergo a major glow-up, embracing exercise and self-directed recovery like never before. It begs the question: should osteopathy take a leaf out of physiotherapy's book, without losing its unique flair?

Remember when physiotherapists were all about that hands-on action? Well, Physiotherapy has undergone a significant transformation over the past decade, when research started to shake things up. Around 2010, where hands-on techniques once dominated, studies started to emerge that found that exercise therapy could be more effective than manual therapy for various conditions. As a result, physiotherapy training evolved, placing greater emphasis on rehabilitation, exercise prescription, and empowering patients to take an active role in their recovery.

In 2013, leading publications such as the Journal of Physiotherapy highlighted the benefits of this shift. Curricula further adapted, and physiotherapists-in-training began focusing even more on movement-based interventions. By 2015, the research only continued to reinforce the shift toward exercise-based rehabilitation, demonstrating its effectiveness across various musculoskeletal conditions. At this stage the message was clear: active engagement in rehabilitation yields strong outcomes.

The Risks of a One-Size-Fits-All Approach

As healthcare evolves, there's always a risk of overcorrecting. In the push toward evidence-based care, some areas of physiotherapy have leaned exclusively into exercise-based rehabilitation. While research strongly supports exercise for long-term outcomes, the shift to a more hands-off approach isn't without challenges.

For many patients, manual therapy is an integral part of their recovery experience—not just for its physiological benefits, but for the reassurance and relief it provides in the short



term. A purely exercise-driven model may leave some feeling overlooked, particularly those who seek hands-on treatment as part of their care. If patients don't feel their needs are being met, engagement can drop, potentially affecting adherence and outcomes.

And let's not forget the **role of AI** in the coming years; in the UK, the National Health Service is already piloting AI physio/rehab systems that don't require a trained Physiotherapist. This highlights a potential risk for practitioners who rely solely on exercise prescription—if rehabilitation becomes entirely standardized and protocol-driven, it becomes easier to automate, reducing the demand for human clinicians.



Striking the right balance is crucial. While the data emphasizes the power of movement, integrating manual therapy where appropriate may help bridge the gap between research findings and patient expectations.

What about Osteopathy?

While physiotherapy has embraced this evolution, osteopathy has remained more firmly rooted in manual therapy. However, with increasing evidence supporting exercise-based interventions, there is an opportunity for osteopathy to incorporate more movement-focused strategies into its approach.

That said, manual therapy still holds an important place. A 2021 study in *Musculoskeletal Science and Practice* found that combining manual therapy with exercise led to better results for shoulder impingement syndrome. Similarly, a 2022 article in the *Journal of Manual & Manipulative Therapy* highlighted that hands-on treatment remains valuable for acute pain and mobility issues. Rather than viewing these approaches as competing philosophies, integrating both could enhance patient outcomes.

Meeting Modern Healthcare Standards

In today's healthcare environment, data-driven care is more important than ever. Organizations such as ACC place **strong emphasis on measurable outcomes**, making it essential for osteopaths to track patient progress effectively. Osteopathy has traditionally been less focused on standardized outcome measures, but adapting to these expectations can improve patient care and ensure alignment with broader healthcare initiatives.

For those looking to participate in initiatives like the Integrated Community Pathways for Musculoskeletal Care (ICPMSK), outcome tracking is not just beneficial—it's essential.

Evolving Osteopathic Education

So, what does the future hold for osteopathy? A balanced, integrated approach to care may be the key. This doesn't mean osteopathy should mirror physiotherapy, but rather that it can still incorporate new elements. Patients seek osteopaths because they value manual therapy—and often appreciate the immediate relief it can provide. Blending that with movement-based strategies can create a more comprehensive, adaptable model of care. This approach ensures osteopathy remains distinct yet modern, embracing both tradition and innovation to meet the needs of today's patients, and the demands from organisations like ACC.

By maintaining its identity while adapting to emerging evidence, osteopathy can continue to provide high-quality, patient-centered care. The future isn't about choosing between hands-on or hands-off treatment—it's about finding the right balance to deliver the best possible outcomes.

-Morgan Hancock

Research update



Dr Kesava Kovanur Sampath
Research Chair, ONZ

Kia Ora Koutou, As anticipated, the start of 2025 has been a busy and productive period for our research efforts. Several articles have been published recently in respected international journals. A brief summary of each is provided below with links.

Research Publications

Prevalence and profile of New Zealand osteopaths treating people experiencing headaches and migraines

This study found that a significant proportion of New Zealand osteopaths frequently treat patients with headaches (84.8%) and migraines (38.6%). Clinicians often use HVLA techniques, address TMJ dysfunction in migraine cases, treat the thoracic spine in headache cases, and regularly refer patients to other healthcare providers. The findings highlight NZ osteopaths' collaborative, inter-professional approach to managing headache and migraine disorders.

Leadership and Capacity Building in International Osteopathic Research: introducing Strengthening Osteopathy Leadership and Research (SOLAR) Program

The SOLAR program is an international initiative designed to strengthen the research capacity and leadership within the osteopathy profession. Since its inception in 2022, the program has successfully supported osteopathic researchers, resulting in significant research outputs and professional development. This initiative plays a key role in building a robust evidence base to inform osteopathic practice and integrate osteopathy further into the broader healthcare landscape.

Combined NZ-Aus Osteopathic Research Conference

We are excited to invite you to submit your research abstract for the upcoming NZ-Aus Conference

happening in Auckland (5-7 Sep, 2025). This year's themes focus on key developments in osteopathy, ranging from technological innovations and collaborative care to healthcare policy and cultural competency. The conference will provide a platform to share insights, exchange knowledge, and foster meaningful discussions.

Conference Themes:

- ◆ Tech Meets Touch – Innovations in Osteopathy
- ◆ Stronger Together – Integrating Mind, Body, and Collaborative Care
- ◆ From Student to Specialist – Bridging the Gap for New Graduates
- ◆ Beyond the Clinic – Osteopathy's Expanding Role in Community Health
- ◆ Health System Analysis – Osteopathy in Policy & Healthcare Systems
- ◆ Cultural Competency in Osteopathy – Holistic & Inclusive Approaches

Descriptions around the themes and abstract submissions can be made on the [conference website](#).

I'd like to extend my gratitude to the research organising committee—Jack Feehan (Australia), Zoe Steele (Ara) and Rebecca Mowat (AUT) for their valuable insights and efforts in shaping the research stream for the conference. We warmly encourage you to submit an abstract and to share this opportunity with any colleagues who may be interested. Feel free to reach out if you have any questions.

Special Interest Group

I'm delighted by the enthusiastic response we've received for our Research Special Interest Group (SiG) within the osteopathic community! The group has already grown to over 25 members, and regular updates on research activities, webinars, and new opportunities will be shared via email with all members. If you haven't joined yet but are interested, feel free to get in touch with me at research@osteopaths.nz.co.nz

Research Engagement

One of our key priorities is to enhance research engagement and uptake within the osteopathic profession in New Zealand. To support this, we've launched a monthly webinar series titled "OSTEOTalk: Bridging Research and Practice". We've been fortunate to host leading experts in osteopathy who share the latest research findings and their practical applications in clinical settings. These engaging sessions provide valuable insights for practitioners, educators, and students alike. Don't miss out on the opportunity to expand your knowledge and enhance patient care!

Webinar 3: Cervical Artery Dysfunction: new insights from UK clinical practice by A/Prof Jerry Drapper-Rodi (President - NCOR) scheduled on 27th March.



NCOR-ONZ partnership

A groundbreaking Memorandum of Understanding (MoU) has just been signed between the National Council for Osteopathic Research (NCOR) and the Osteopaths New Zealand Research Committee (ONZ-RC), marking an exciting step forward in osteopathic collaboration.

This partnership bridges the UK and New Zealand, creating a dynamic framework for collaboration in the field of osteopathic medicine. Couple of exciting projects including on PROMS are on the pipeline, watch the space.



Research Consultation Committee

I'm pleased to announce the formation of our Research Consultation Committee (RCC). This committee brings together professionals from varied backgrounds—including researchers, clinicians, educators, peer-group leads, and a layperson—to support consultation, foster research development, and encourage research uptake, ensuring a broad range of perspectives within the profession are represented. The RCC includes Angela Young, Anne-Lise Gerardin, Holly Royal, Amanda Viedma-Dodd, Deborah Price, and myself, Kesava Kovanur Sampath. The committee will meet quarterly for one hour, with the aim of providing guidance on research projects, addressing research-related matters, and helping to share research updates and outcomes with peer groups, members, and the wider community.

Overall the progress we've achieved in just four short months since launching the research SiG has been remarkable. With strong collaboration and partnerships driving us forward, 2025 is set to truly become the "Year of Research Excellence" for osteopathy in New Zealand.

-Dr Kesava Kovanur Sampath



Victorian Remedies: A Journey through 1896 Medical Advice

EXCERPTS FROM
"THE PEOPLES COMMON SENSE MEDICAL
ADVISOR IN PLAIN ENGLISH"

R.V Pierce M.D
Sixty sixth edition - 1896

These are direct extracts from an original copy of the above book, printed in 1896. The style of phrasing and the advice it provides was so unique that I thought it worth a page in the ONZ magazine each issue. A short disclaimer; [ONZ does not recommend following any of the medical information nor does it endorse any of its statements](#). It is purely for interest and amusement. -Morgan Hancock

THE USE OF TOBACCO AND OPIUM

The recovery of the sick is often delayed, sometimes entirely prevented, by the habitual use of tobacco or opium. In acute diseases, the appetite for tobacco is usually destroyed by the force of the diseases; but in chronic ailments, the appetite remains unchanged, and the patient continues his indulgence greatly, to the aggravation of the malady. The use of tobacco is a pernicious habit and its active principle **Nicotin**, which is an energetic poison, exerts its specific effect on the nervous system.

The horse, under the action of whip and spur, may exhibit great spirit and rapid movement, but you urge him beyond his strength with these agents and you inflict lasting injury. Withhold the stimulants and the drooping head and moping pace indicate the sad reaction that has taken place. This illustrates the evils of habitually exciting the nerves by the use of tobacco, opium or other drugs. Under their influence the tone of the system is greatly impaired, and it responds more feebly to the influence of curative agents.

MEDICAL DIAGNOSIS

Skill in the art of healing is indicated in three ways; (1.) by ascertaining the symptoms, seat and nature of the disease, which is termed diagnosis; (2.) by foretelling the probable termination, when is termed prognosis; (3.) By the employment of efficacious and appropriate remedies, which is called treatment. Of these three requisites to a prosperous issue, nothing so distinguishes the expert from the mere pretender as his ready ability to interpret correctly, the location, extent and character of an affection from its symptoms.

Medical diagnosis is both a science and an art; a science when the causes and symptoms of a disease are understood, and an art when this knowledge can be applied to determine its location and exact nature. Science presents the general principles of practice.; art detects among the characteristic symptoms the differential signs and applies the remedy.

AROMATIC SULPHURIC ACID

Otherwise known as Elixir of Vitriol, is the most aggregable form of **sulphuric acid** for administration and may be given in doses from five to fifteen drops largely diluted in water. In taking acids they should be sucked through a straw and not allowed to come in contact with the teeth, as otherwise the latter organs will be injured by their effects; or should the acid come in contact with the teeth, the mouth should be immediately rinsed with a solution of saleratus or soda, to neutralise the acid.

HOW TO USE WATER

Very little is any water should be taken at meal times, since the salivary glands furnish an abundance of watery fluid to assist in mastication. When these glands are aided with water to "wash down" the food, their functions become feeble and impaired. The gastric juice is diluted and digestion weakened. Large draughts of cold water ought never to be indulged in, since they cause derangement of the stomach. When the body is overheated, the use of much water is injurious. It should only be taken in small quantities. Thirst may be partially allayed, without injury, by holding cold water in the mouth for a short time and then spitting it out, taking care to swallow only very little.



The Institute of Osteopathy's mentoring platform

Mentoring can be hugely satisfying, can legitimately be classed as CPD and can help you to advance your own career, whether you are the mentor or mentee. Bringing the profession together by developing an effective professional support network for osteopaths will also retain valuable expertise within the profession and help to ensure that osteopathy remains a growing, thriving profession that is fit for the 21st century.

The iO mentoring platform is designed to make it easier for osteopaths who are looking for this sort of support to find a suitable mentor, and includes tools and guidance to support you, whether you want to be a mentor, a mentee, or both.

The iO has always held the view that osteopaths can only benefit from working and sharing with other osteopaths. This goes for observations too. To facilitate this, we are calling for osteopaths who are interested in providing observation/shadowing opportunities to add their details to the [iO mentoring platform](https://www.theinstituteofosteopathy.org/mentoring-platform)!

*The iO want you to get the most out of this platform so if you have any enquiries about this initiative, please contact
Mentoring@iOsteopathy.org*

IMPROVE
DEVELOP
TRAINING
MOTIVATE
COACHING
INSPIRE





Need support?

ONZ advocacy, advice & support

Is everything going well at work, or do you sometimes wish you had someone outside of work to talk to? Are you dealing with a challenging work environment, issues with your principal or employees, or feeling unsure about how to handle or file a complaint? Perhaps you're feeling isolated or undervalued?

One of the key roles of ONZ is to provide support for members when things start to turn pear-shaped.

Even experienced practitioners encounter problems, and we have successfully supported many of our members through various issues.

If you have a problem, contact ONZ. We offer completely confidential support to help you address the challenges you're facing.

Online Learning Library



The ONZ online learning library now features a wealth of educational resources, accessible through the ONZ resources page. Among the recent additions are several comprehensive webinar series, including a three-part series that covers crucial business topics such as understanding your business, the realities of running one, distinguishing between contractors and sole traders, and mastering your financials. Additionally, there are specialized webinars that

delve into important subjects like bringing in overseas osteopaths, navigating immigration challenges, insurance considerations, and ACC32 Process & Appeals. This growing collection of modules and webinars is designed to support the ongoing professional development of osteopaths across a wide range of topics.

2024/5 BOARD MEMBERS



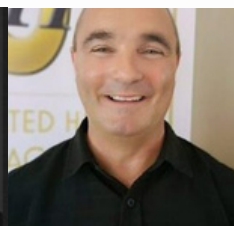
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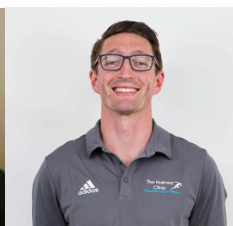
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Calling all writers

We have a huge bank of knowledge locked up in our many members brains and as it so happens we now have this magazine that will benefit from articles written by our members! Your submissions can cover a wide array of topics, from detailed explorations of specialized techniques and treatments to personal narratives of unique projects.

We're excited to invite you to share your insights and experiences with the membership. Perhaps you're passionate about or have in-depth knowledge of a particular therapeutic approach that can benefit your peers. Maybe you've been involved in community health initiatives or

presentations at conferences you'd like to share? It might be an article discussing the latest advancements in technology, case studies demonstrating effective treatment plans, or educational pieces that delve into anatomy, biomechanics, and patient care strategies. Whether it's a comprehensive review of current best practices, an inspiring story of patient recovery, an analytical piece on emerging trends in the field or a personal story from your career, your contributions will help make our magazine a valuable resource for everyone.

Contact communications@osteopaths.nz.co.nz if you've got an article you'd like to write.

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