



NZ OSTEO

When it comes to having a central nervous system
and the ability to feel pain, hunger and thirst, a rat is
a pig is a dog is a boy - *Ingrid E Newkirk*

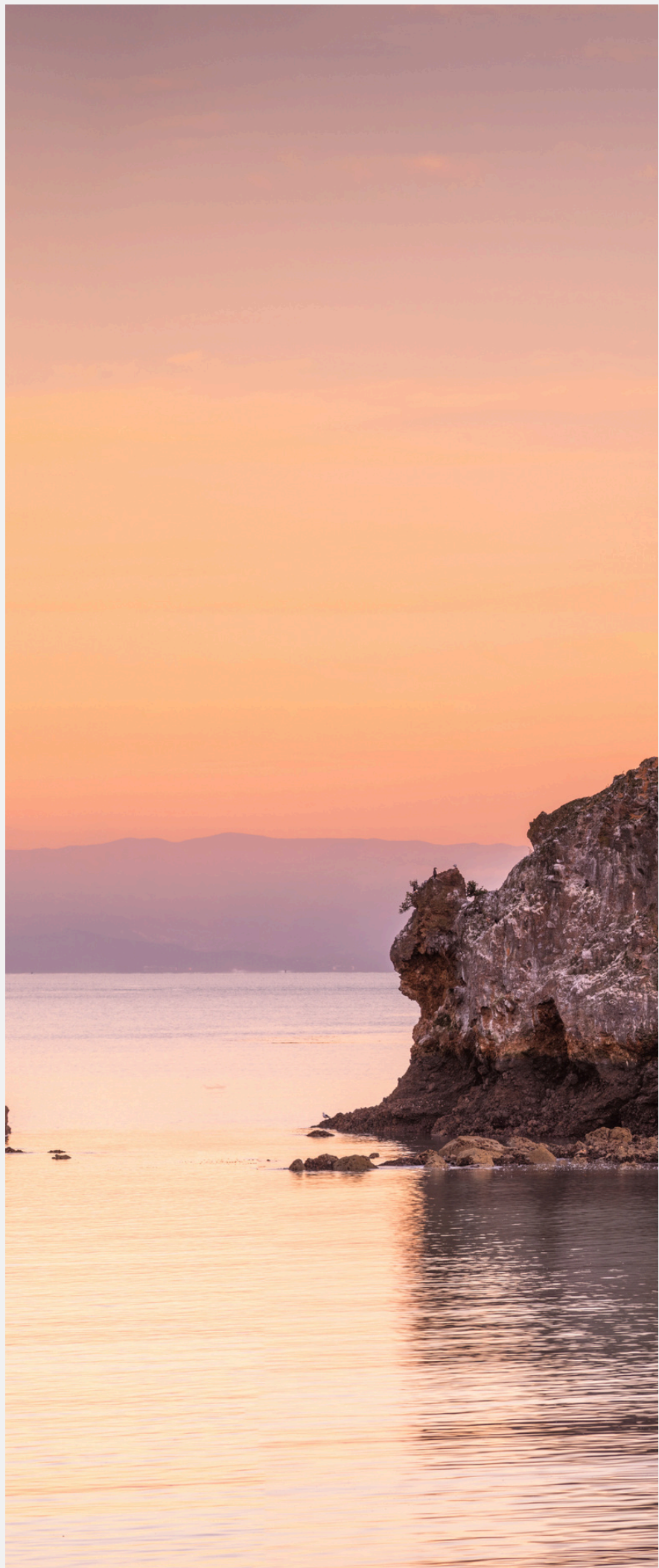
Summer 2024

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Message from the Editor:

It's that time of year again as we rush towards Christmas and the welcome break beyond it. As you'll have seen from the cover of this issue, we're focusing our osteopathic lens on the specialty of animal treatment that some of our members devote themselves to. This fascinating field highlights the versatility of osteopathy, applying our principles to improve the well-being of animals large and small. We're excited to share insights into the unique skills and dedication required for this area of practice, along with some inspiring examples from those who've made it their passion.

-Morgan Hancock





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Message from the Chair

Tēnā koutou,

I must extend my deepest thanks to the dedicated board members. Your visionary leadership and tireless efforts have been crucial in advancing our profession. Your invaluable contributions have shaped our path, and I'm excited about the progress we'll continue to make together.

GPS and ACC

Having reviewed the Government Policy Statement (GPS) in Healthcare, there is little we can act on due to the non-existent musculoskeletal priorities. However, we do, as a profession have opportunities outside of this GPS, and also within our tertiary institutions to start initiatives to help those local communities in need to gather data, and put in place funding proposals - these ideas are well underway. We are very committed to moving forward with ACC as much as possible. What we have achieved this year in the pain management services is encouraging. Yes, we can be an ICP Navigator under Integrated Care Pathway, if we can form the core team. Osteopaths can also refer patients to TBI healthcare providers as demonstrated at our symposium. Our discussions with ACC continue, we want to be a named provider in ACC's documentation and advocate for patient equity of access to osteopaths under contracts such as Allied Health, Concussion and Sensitive claims.

OA, ONZ and OIA Conference

The insights and reflections from the recent combined conference of the Osteopathy International Alliance (OIA), Osteopathy Australia (OA), and Osteopaths New Zealand (ONZ) held in Sydney. The event was marked by the depth of presentations from both national and international speakers, offering us two significant takeaways that I believe warrant our attention and action.

Celebrating Our Investment in Research

First and foremost, we have cause for celebration regarding our investment on osteopathic research. Distinguished Professor Jon Adams presented the results-based outcomes of the SOLAR_ARCCIM programme (Strengthening Osteopathic Leadership and Research), to which ONZ pledged support. Since its inception in 2020, this initiative has demonstrated remarkable growth and produced impressive outputs. This group have not only advanced osteopathic research globally but has also provided a platform for one of our own, Dr Kesava Sampath, to contribute significantly to the field. Dr Sampath's work, which is further detailed in this issue, exemplifies the direct impact of our investment on the osteopathic community in New Zealand. We also need keen members to help progress this further.

Addressing Our Professional Identity

The second key takeaway from the conference prompts us to seriously consider whether we are facing an identity crisis as a profession. This question was an Australian concern and we would also argue it might as well be a global one within the osteopathic community.

Embracing Our Unique Position

I firmly believe that osteopathy has a vital role to play in this changing healthcare landscape. However, we must seize the opportunity to:

- Educate the public on our holistic and preventative health approach.
- Collaborate more closely with other healthcare professionals to provide comprehensive care.
- Embrace technology in our practice.
- Engage proactively with our communities to promote our profession.

Aligning with Aotearoa Health Models

As a relatively young profession in New Zealand, we have the unique opportunity to align our osteopathic principles with health models of Aotearoa. Recognising the parallels with existing Māori health models and draw inspiration from this indigenous knowledge to further strengthen our holistic perspective on health that is unique to the place and people we practice with. Furthermore, the research we conduct can be tailored specifically to the people of Aotearoa, while simultaneously promoting the important work on the economic perspective of osteopathy. The cost-effectiveness studies conducted by Kesh and Nathan provide compelling evidence of the value we offer to the healthcare system.

Moving Forward

I encourage each of you to consider how we can collectively strengthen our professional identity and advance osteopathy in New Zealand. We don't have to look far for inspiration or solutions and we do not need to wait internationally for direction.

Thank you for your continued commitment to our profession. Our warmest wishes to you all for a Merry Christmas and a Happy New Year. We hope you can take this time to enjoy a well-deserved, restorative break with your loved ones. Exciting challenges and opportunities await us in 2025. Here's to a bright future for osteopathy in Aotearoa.

Ngā mihi nui,
–Anj Young



Allied Health Professionals in Aged Care Facilities

As our population ages, the demand for age-related residential care is increasing significantly. By 2030, it's projected that New Zealand will need an additional 12,000 to 20,000 aged residential care beds. This presents a unique opportunity for osteopaths to contribute their expertise to this growing sector.



In the 2024 Age-Related Residential Care Services Agreement, allied health professionals are explicitly mentioned as part of the Age-Related Care (ARC) workforce. As osteopaths, we fall under this category, which opens doors for our involvement in aged care facilities. The ARC sector is facing significant workforce shortages. This presents an opportunity for osteopaths to fill crucial gaps in care provision, especially in areas where our skills can complement existing services.

Integrating osteopathic services into aged care enhances residents' quality of life and meets the demand for specialized care. Osteopaths adopt a holistic approach, collaborating with health professionals to create comprehensive care plans that address physical, emotional, and social needs. Our role in preventive care is vital, as we can identify health issues early, reducing chronic conditions and improving longevity. As we adapt to the challenges of aged care, osteopaths can develop programs focused on mobility, cognitive function, and overall well-being, benefiting both residents and the facilities.



Scope for Osteopathic Services

Several areas highlighted in the document align well with osteopathic expertise:

- **Rehabilitation Services:** The document emphasises the need for rehabilitation services in ARC facilities. Our skills in improving mobility, function, and pain management are directly applicable here.
- **Person-Centred Care:** There's a strong focus on person-centred care, which aligns perfectly with our holistic approach to treatment.
- **Preventive Care:** The document stresses the importance of preventive care to maintain residents' independence. Osteopaths can contribute significantly to fall prevention and overall wellness programmes.



How do we engage in this area?

Steps for Osteopaths Interested in ARC

- **Networking:** Reach out to local ARC facilities to discuss how osteopathic services could benefit their residents.
- **Collaboration:** Look for opportunities to collaborate with other healthcare professionals in ARC settings, showcasing the value of interdisciplinary care.

We believe that by engaging in this area, we can not only expand our professional scope but also make a significant positive impact on the quality of life for older New Zealanders. We encourage you to view this as an exciting opportunity to broaden your practice and contribute to addressing the growing needs of our ageing population. - Anj Young



Animal Osteopathy

When Dr. A.T. Still first laid the foundations of osteopathy, he may never imagined that his principles would one day extend beyond humans to our animal companions. Yet, it feels like a natural evolution. After all, the same guiding principles—restoring balance, promoting natural healing, and recognizing the body's interconnectedness—apply just as seamlessly to a galloping horse, a loyal dog, or even a mighty elephant as they do to us.

Animals, much like humans, can suffer from aches, pains, and mobility issues. Whether it's an aging canine struggling to chase a ball, a horse recovering from a demanding competition season, or an elephant carrying the physical toll of years of labor, osteopathy offers gentle, non-invasive solutions to ease their discomfort. Just as with people, these treatments aim to identify the root causes of dysfunction and promote holistic well-being.

Of course, animals bring their own quirks and challenges to the treatment table—or sometimes, the stable or savanna!

Each species, and indeed each individual, has unique anatomical and physiological demands. But that's what makes animal osteopathy so rewarding: it's a blend of science, art, and a touch of intuition, honed through understanding each patient's needs.

In this issue, we'll explore how osteopathy is helping animals thrive, from dogs and horses to elephants. Whether they're performing, working, or simply enjoying life, our animal companions deserve the same care and attention we afford ourselves. After all, as Dr. Still might agree, balance and health are universal—no matter how many legs you have.

- Morgan Hancock





Back in the Saddle

Life as an Equine Osteopath

Graduating from the BSO in 2001, Jo Stutton pursued an additional year of postgraduate study at the ESO under Stuart McGregor, earning equine qualifications. With further training in advanced courses, dissections, biomechanical studies, and hoof function, they continue to explore the vast depth of their field.

I had wanted to be a vet since I was a kid, but realised that wasn't actually the path for me nor the right approach for me. Working as an Equine Osteopath is an utter privilege and I'm honoured to be able to work with such incredible animals.

Although horses are a much larger patient to treat, I find they respond a lot faster and you can make deeper changes than with people. Horses are incredibly sensitive and body aware and really allow you to utilise "Osteopathy". I often wish my human clients had the same innate understanding of their bodies! It is a physical job, and can be heavy, but good self care is such an important part of how we need to work anyway in our profession.

An equine treatment

So, how does a horse treatment work?! Same as with a human I guess. I'll talk with the owner about the current issues, past injuries, their level of ridden work/competition, goals etc. all the time I'll be watching how the horse is reacting. Are they tense and pacing, relaxed and happy, eating, how are they standing?

Are they shod/barefoot? In good condition? You can get so much information from observing as well as questioning. I'll then ask the owner to walk and trot the horse up. Watching it move and getting an overall picture is, I think, essential. To focus straight into the area of concern will cause you to miss so much other information. If needed, I'll see the horse under saddle, or on the lunge.



A thorough palpatory exam follows, assessing the horse from head to tail. I check for areas of reactivity, soft tissue tension, scars, lumps, and range of motion in the spine and peripheral joints. This includes moving the horse to weight-bear through each individual limb while watching for tension or reactions.

Treatment methods for animals are quite similar to those used for humans, with adjustments made for their unique skeletal structure and body size! I employ various techniques such as mobilization, articulation, and fascial release work—something I've noticed horses respond to very positively. Additionally, I incorporate cranial



and visceral techniques, along with soft tissue and traction methods. These are all the same approaches we would apply to people.

You can achieve significant improvements in posture and comfort in just one session, which is incredibly fulfilling.

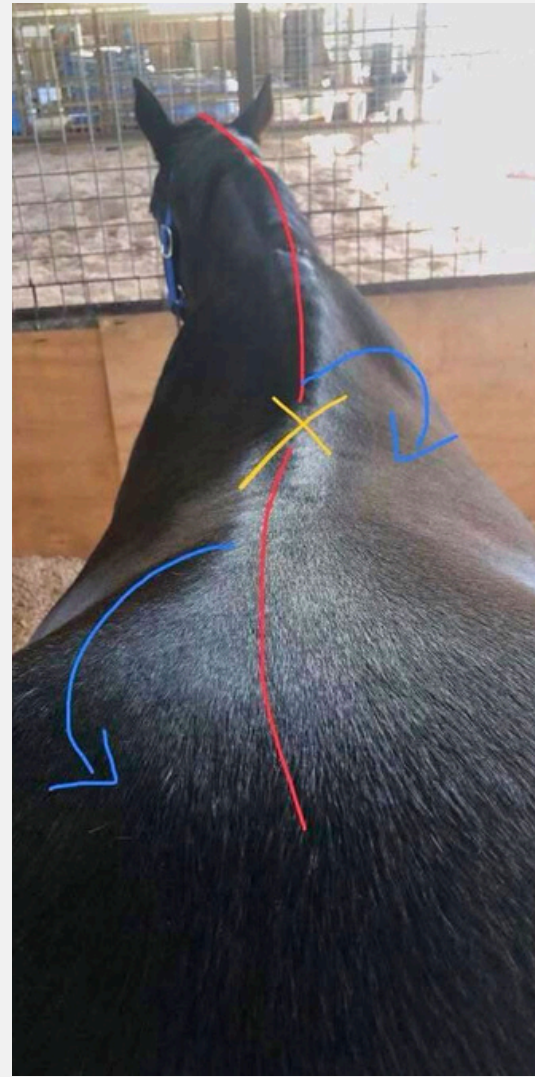


As an equine osteopath, I believe it's essential to have riding experience to fully grasp what a horse should feel like and how it should move, as well as to be familiar with the terminology. Evaluating the fit of tack, including saddles and bridles, along with understanding hooves and farriery, is also a crucial component of a holistic approach.

Typical reasons for my involvement include noticeable back pain, especially during grooming or tacking up. Other signs may include behavioral changes like bucking, kicking out, becoming head shy, showing reluctance to canter in one direction, knocking down or refusing jumps, and a general decline in performance or lameness.

I have developed a strong network of professionals, including therapists, dentists, veterinarians, farriers, saddlers, and more, because achieving the best outcomes for these wonderful animals truly requires a collaborative team effort.

-Jo Stutton



Caring for Giants

A Journey into Elephant Osteopathy



Eight years ago, Emily King attended a workshop on elephant osteopathy, led by Tony Nevin of Zoo Ost Ltd. This experience inspired her to return multiple times, eventually becoming a co-director of Zoo Ost International, where she now contributes to the lecturing and teaching of these workshops.

The Golden Triangle Asian Elephant Foundation (GTAEF), established in 2005, is based in the Golden Triangle of northern Thailand's Chiang Rai province. Its mission is to support elephants in need, particularly those rescued from begging or exploitative tourism.



The foundation cares not only for the elephants but also for the mahouts (elephant handlers), offering them sustainable livelihoods. This includes paying them a monthly salary, providing accommodation, covering the elephants' feed and veterinary care, and supporting the education of their children to ensure a future free from reliance on elephant tourism.

Our elephant osteopathy workshops are conducted in collaboration with the GTAEF, the Anantara Golden Triangle Elephant Camp and Resort, and with patronage from Longleat Safari Park in England.

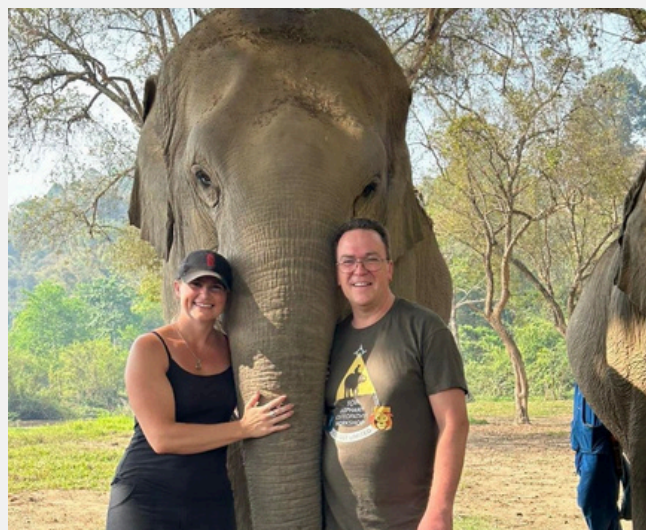


The five-day workshops, held at the Anantara Golden Triangle Resort, one of the world's leading eco-retreats, offer a comprehensive learning experience. Delegates stay onsite, surrounded by lush jungle with panoramic views of three countries. The resort also provides opportunities to explore the unique culture and natural beauty of northern Thailand before or after the workshop.

The workshop combines lectures on elephant anatomy and physiology with hands-on sessions, where delegates learn to read elephant body language and apply osteopathic techniques to these majestic animals. Participants gain practical experience treating elephants in the grasslands,

observing their movements, and addressing musculoskeletal issues, which may result from past injuries or psychological stress.

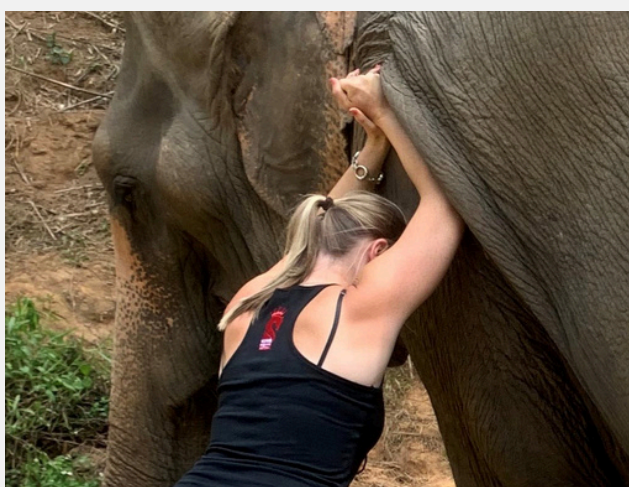
Elephants under the care of the GTAEF range in age from 5 to 63 years, each with a unique history. Their physical conditions vary, from injuries sustained in logging or tourism to tension-related issues stemming from emotional stress. As in human practice, we observe, palpate, treat, and reassess their conditions. Elephants, unable to communicate pain in the same way as humans, require keen observation of their posture, gait, and interactions with one another to detect dysfunctional patterns.



Palpation is a vital part of our approach, allowing us to perform a quick scan of their bodies, identifying areas of tension, swelling, or discomfort. While elephants are accustomed to human presence, they may be sensitive to touch in certain areas, so we approach them gently, starting in comfortable zones and gradually addressing more sensitive regions.



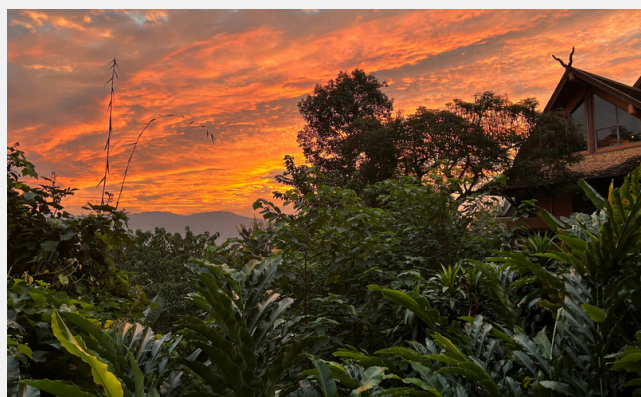
We employ a variety of osteopathic techniques, including myofascial release, counterstrain, cranial techniques, joint articulation, and soft tissue inhibition, tailoring our methods to the specific needs of each elephant. Our goal is to alleviate compensatory patterns while respecting the elephants' comfort and boundaries.



Due to the size and complexity of elephants, it is common for multiple practitioners to treat the animal simultaneously. This collaborative approach allows us to "link in" with each other, tracking the tissue changes and compensatory patterns we are addressing. Elephants present both physical and mental challenges, as they are highly attuned to the energy and focus of those working with them. If a practitioner becomes overly tentative or distracted, the elephant may respond by becoming fidgety, irritable, or disengaged. Maintaining a clear, stable mind and quiet energy is essential to creating a productive and harmonious treatment environment.



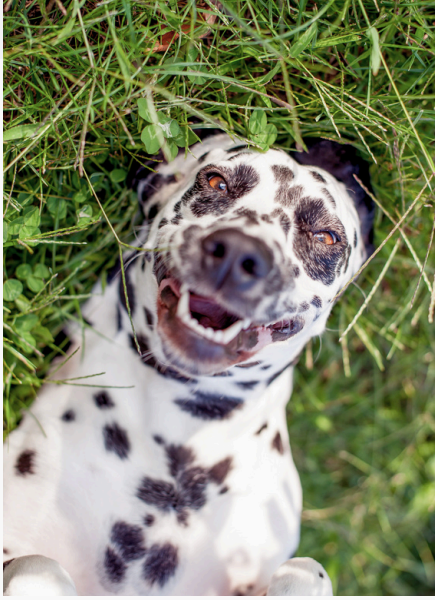
This workshop is open to osteopaths, physiotherapists, veterinarians, and chiropractors, with no prior animal treatment experience required. The next workshop will take place from **March 15-19, 2025**, with additional workshops held annually in March and October.



Regardless of whether your practice focuses on humans, horses, dogs, or other animals, this workshop offers valuable insights and techniques to enhance your professional skills.



For those interested in deepening their understanding of elephant care while advancing their osteopathic expertise, we encourage you to reach out and secure your place in this extraordinary opportunity. -Emily King



It's a Dogs Life

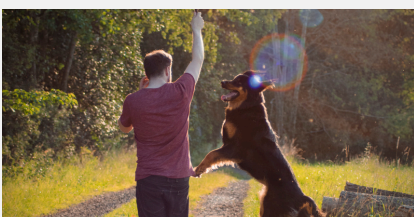
Canine Osteopathy 101

Lana Fort, an osteopath and the owner of The Body Clinic in Kumeu, Auckland, shares her insights into treating canine patients. At her clinic, she addresses issues like joint stiffness and arthritis, using osteopathic techniques to improve mobility and quality of life.

While most osteopaths are accustomed to treating human patients, an increasing number of pet owners are turning to osteopathy to address various health issues in their dogs. Canine osteopathy follows the same core principles as its human counterpart, the goal being to enhance the body's natural ability to heal and maintain optimal function.

As osteopaths, you're already familiar with how we can relieve musculoskeletal dysfunction and improve overall health. When applied to dogs, osteopathy can offer similar benefits: pain relief, enhanced mobility, muscle and joint rehabilitation, improved posture etc. However, the methods of assessment and treatment are adjusted to fit the specific needs of dogs, including their anatomy, responses to treatment, and the challenges of treating non-verbal patients.

Canine osteopathy offers a number of benefits for dogs, especially when it comes to treating musculoskeletal issues. Some of the key advantages include: pain relief, improved posture and gait, reduced lameness, improved mobility, reducing inflammation, muscle and joint rehabilitation, stress reduction for anxious dogs, preventative care and more.



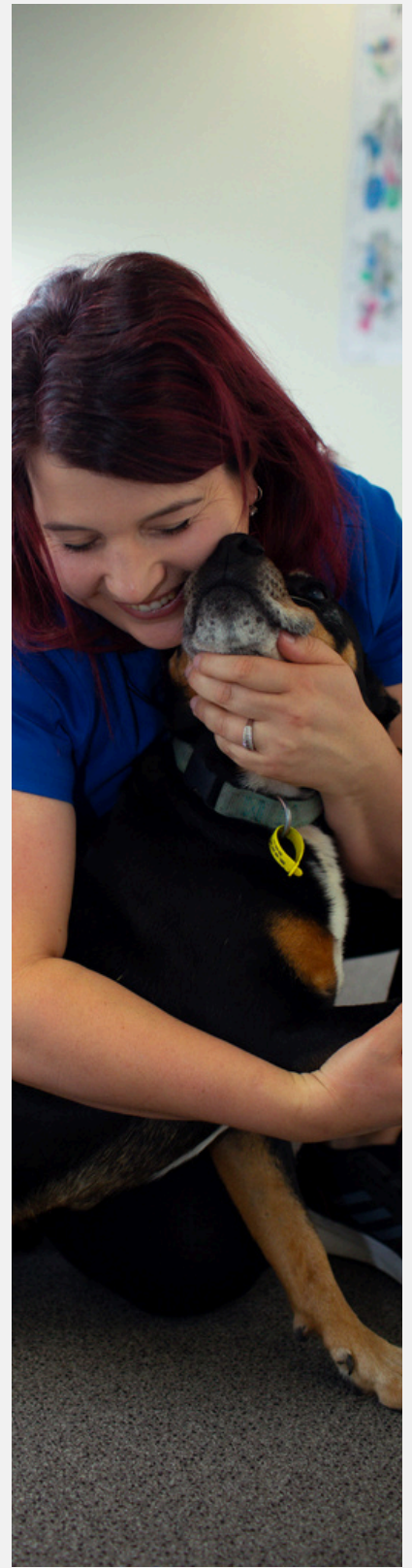
Some of the most common issues treated include:

- **Arthritis:** Chronic inflammation of the joints is common in older dogs and can cause stiffness, pain, and lameness.
- **Hip Dysplasia:** This hereditary condition causes abnormal development of the hip joint, leading to pain and arthritis over time.
- **Intervertebral Disc Disease (IVDD):** A condition that affects the spine and can lead to pain, weakness, or paralysis.
- **Muscle Strains, sprains and injuries:** Active dogs are prone to muscle and ligament injuries. Most commonly are cruciate ligament and patella injuries.
- **Post-Surgical Rehabilitation:**
- **Gait Abnormalities/lameness:** Whether caused by injury, congenital conditions, or simply wear and tear, osteopathy can help improve abnormal gait patterns and promote better movement.

The same but different..

While canine osteopathy shares many similarities with human osteopathy, there are notable differences due to the unique anatomical and physiological characteristics of dogs.

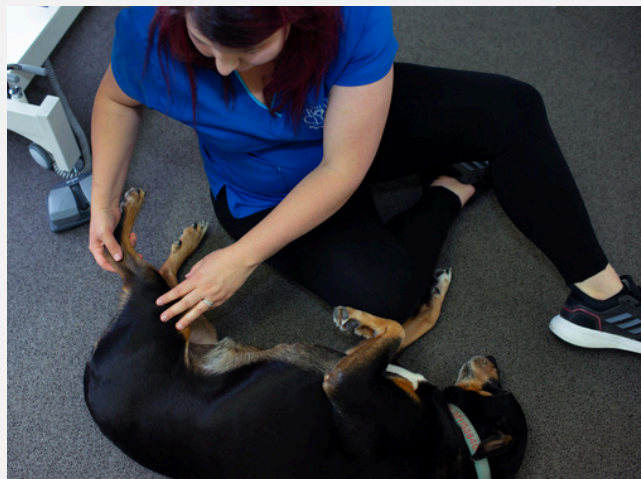
Anatomical Differences: Dogs have a different musculoskeletal structure compared to humans. Their four-legged posture, different joint configurations, and unique body mechanics require osteopaths to modify their techniques.



Treatment Approach and patient cooperation: In human osteopathy, practitioners often use verbal communication to understand a patient's symptoms and adjust their treatment plan accordingly. With dogs, osteopaths rely more on their hands and observation. The practitioner must carefully observe the dog's movements, posture, and responses to various techniques to assess where treatment is needed. Dogs are also less likely to lie still or follow instructions, so the techniques used may be gentler and adapted to the dog's comfort level. A key difference is that human patients can express where they feel pain or discomfort, whereas dogs cannot.

Duration and Frequency of Treatment: After 1-2 sessions many dogs show significant improvement in their mobility and comfort levels. And, just like toddlers, a Dogs attention span is also limited therefor treatment is often for shorter periods 15-30mins max.

Osteopathy can serve as a valuable alternative for our four-legged patients, helping to avoid costly surgical and pharmaceutical treatments, and for pet owners interested in providing their dogs with holistic care, osteopathy is an effective and compassionate option.



As with any treatment, it's essential to work with a qualified Osteopath who can provide tailored care based on the dog's individual needs. To become a qualified Animal Osteopath, we attain a postgraduate diploma in Animal Osteopathy as well as participating in regular animal CPD courses.

Canine osteopathy is a safe, non-invasive therapy that can benefit dogs suffering from a range of issues. Much like our patients, many pet owners are seeking alternative healthcare options beyond what traditional veterinary care provides. -Lana Fort



Conference 2025

September 5th-7th
Auckland
Save the Date!

Get ready for our next big conference! Mark your calendars for Friday, September 5th to Sunday, September 7th, 2025, as Osteopaths NZ brings you three days of learning, inspiration, and connection.

We're pleased to announce this year's symposium will be held at the JetPark Conference Centre & Hotel, conveniently located near Auckland Airport. With easy access for attendees traveling from out of town and free onsite parking for locals, this venue offers the perfect backdrop for an unforgettable event.

Whether you're looking to deepen your professional knowledge, connect with peers, or engage in hands-on workshops, this conference promises something for everyone. Expect an exciting blend of lectures, practical sessions, and opportunities to network with osteopathy professionals from across the country.

Stay tuned for more details in the new year, including our speaker lineup, session highlights, and registration information. For now, save the date and start planning your visit—we can't wait to see you there!



Feel every hit

Live every moment

Osteopath Favsta Fernandez returns to New Zealand after working at the 2024 World Masters Indoor Cricket Series in Sri Lanka, sharing her insights into the realities of being a courtside osteopath. As she puts it, 'It's far from a glamorous lifestyle.'

I never imagined I'd be working with cricket teams—let alone indoor cricket. In fact, I've always said, "I hate cricket!" But here I am, five years on after debuting with Indoor Cricket New Zealand (ICNZ) as their physio/trainer at the World Cup Masters in South Africa in 2019.

For those who are unfamiliar with the sport, here's a quick breakdown: indoor cricket is an extreme version of traditional cricket. It is played on a tight netted court that's roughly 30 meters long, 12 meters wide, and 7.5 meters high. The game lasts 90 minutes with 10 players on the court at a time. It's fast-paced, high-energy, and increasingly popular in countries like Australia, New Zealand, England, South Africa, India, Sri Lanka, the UAE, and more recently, Singapore and the USA. The sport is governed by the World Indoor Cricket Federation (WICF), which is responsible for the organisation and promotion of indoor cricket globally and ensures the best interests of players are maintained.

Thanks to the connections I've built and maintained through the years, in recent times I have expanded to work with other teams, including England and South Africa.



Who you know..

The saying, it's all about who you know—couldn't be truer. While completing my third-year bachelor's degree, I worked part-time as a sports masseuse for Australian NRL teams. One of the organisers connected me with the President of the WICF, and that's how I became the first osteopath to join indoor cricket.



In the beginning, my role was simple: I strapped players, gave them massages, and focused on keeping them fit for the tournament. On tournament days, my primary responsibility was to manage acute injuries and help players stay in the game.

The challenge? I often went in blind, not knowing anything about players' pre-existing injuries or medical conditions, much like meeting a new patient in a clinical setting—you're often dealing with the unknowns. Many players may not have adequately prepared for the tournament, which means there are always surprises as the games heat up toward the finals.



At the start, my skills were fairly basic. I had some knowledge of massage, injury taping, and basic diagnostics—skills I learned during my degree. But I quickly realised I needed to know more. I had to be efficient in assessing injuries and making snap decisions about whether players could continue or needed to be substituted. To fill in the gaps, I started watching videos on taping techniques, observing other physios, and eventually signed up to complete a Medical Diploma to deepen my understanding of field sports and acute injury management. Some medical support staff need to complete a separate course to be nominated as a Head Injury Assessor, in order to sign off players that sustain serious head injuries and/or concussions.



“In indoor cricket, medical staff are given just two minutes to assess, diagnose, treat, and decide if a player can continue or needs to be substituted”.

As my experience grew, so did my confidence. Osteopathy gave me a real edge because I could apply my anatomy, physiology and biomechanical knowledge, manual therapy techniques, and triaging skills. Over time, I started handling more serious injuries, including, nerve entrapments, torn muscles, concussions and head trauma. Head injuries are quite common, whether from a ball to the face, a bat to the head, or player collisions. On average, I'd see about four to five head injuries per tournament. The most severe injury I've encountered so far was a broken collarbone and dislocated shoulder.

Speed & accuracy

I'll still recall my first experience with a dislocated patella. The wicketkeeper collapsed to the ground in agony, and I had just **two minutes** to assess the injury, relocate the patella, apply coolant, tape up his knee, and get him back in the game. Thankfully, he made it through the last quarter, but then was substituted and couldn't play the rest of the game.

In indoor cricket, medical staff are given just two minutes to assess, diagnose, treat, and decide if a player can continue or needs to be substituted.

The best part of working these tournaments is the chance to collaborate with other medical professionals who bring years of experience and knowledge from different sports. It offers a refreshing break from my everyday clinical practice and gives me the opportunity to travel and work in intense, high-stakes environments.

I've also had the chance to liaise with different country delegates and become more involved in the indoor sports world in different ways. Earlier this year, I had my first real opportunity to organise medical support for a tournament. Action Indoor Sports South Africa were sending a squad to participate in the U17s Tri Series World Cup in Auckland against New Zealand and Australia. I had three teams, coaches, umpires, and team managers under my care. Alongside that, I had to organise staff, equipment, and supplies for the event, all while juggling my day-to-day clinical work.



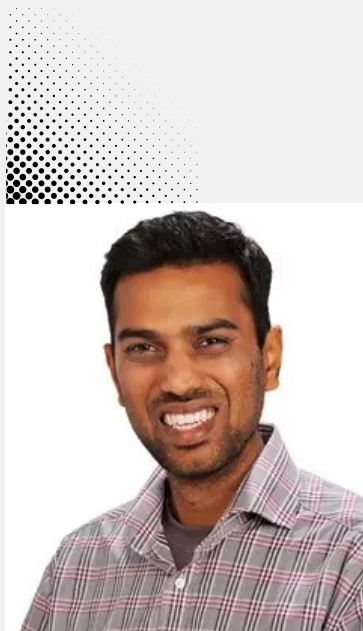
A day on the courts

For anyone wondering what the life of a courtside osteopath is like, it's far from glamorous. It's hard work, long hours, and it often involves sleep deprivation, dealing with sweat, grime, sickness, and emotional highs and lows. One minute you're treating a chest infection that presents like a musculoskeletal issue, the next it's dehydration or overhydration causing digestive problems. What was unexpected for me was a lot of personal growth. You learn about the game, about different cultures, and about your own ability and your ability to cope with the demands of the job. It's not for the faint-hearted. The job requires a certain level of character, skill, and professional qualification. But it's also incredibly rewarding. There's a deep satisfaction in knowing you've helped players push through pain, recover from injuries and continue doing what they love. By the end of each tour, when everyone's made it through, you take pride in knowing you've played a part in helping them achieve what they set out to.

-Favsta Fernandez

Research update

Dr Kesava Kovanur Sampath
Research Chair, ONZ



Kia Ora Koutou

As the holiday season approaches and we look ahead to 2025, it's an exciting time to reflect on a productive year for osteopathic research in Aotearoa/New Zealand. This year has been bustling with activity, marked by the completion of several significant studies and the submission of manuscripts to esteemed international journals. Exciting initiatives are also underway, and we're thrilled to share some key updates with you below.

Research Activities

I'm excited to share that several important articles have recently been published in esteemed international journals. Below, you'll find a brief overview along with links to these publications. Full-text access is available upon request—don't hesitate to reach out!

Usage of biopsychosocial model by NZ osteopaths

This study explored the incorporation of the biopsychosocial (BPS) model in osteopathic practice among New Zealand osteopaths, revealing a spectrum of attitudes ranging from resistance to full acceptance. Findings highlight the importance of education in shaping osteopaths' understanding and use of the BPS model, influencing their professional identity and interactions with the healthcare system. To enhance adoption, integrating BPS education into undergraduate training and continuing professional development is recommended.

Chronic Pain Care: Insights into NZ Osteopaths' Practices

This study analysed the practice characteristics of New Zealand osteopaths managing chronic pain,

finding that 50.7% frequently treat such patients. These osteopaths are more likely to use diagnostic screening questionnaires and manage non-musculoskeletal complaints and tendinopathies.

Managing Upper Back Pain: Insights from NZ Therapists

This study found that New Zealand osteopaths and manipulative physiotherapists share a strong consensus on the importance of a multimodal approach to managing upper back pain. However, osteopaths are more likely to attribute UBP to degeneration or visceral pain and employ techniques like soft tissue work, spinal and rib manipulations, and visceral methods compared to physiotherapists.

Complete Projects

We're thrilled to announce the completion of one of the key projects commissioned by Osteopaths New Zealand (ONZ). This milestone reflects a significant step forward in advancing our understanding of osteopathy and its impact in Aotearoa. Below, we've provided a concise summary of the study's findings, highlighting its relevance and potential implications for clinical practice.

NZ osteopaths' Beliefs about ACC - A national survey

This study surveyed New Zealand osteopaths to profile their demographics, practice characteristics, and interactions with the ACC (Accident Compensation Corporation). Results showed ACC clients make up 66% of their caseload, with spine-related injuries being most commonly treated. While osteopaths value ACC's role in supporting their profession, they express concerns about evidence-based funding and administrative burdens, suggesting a need for further research and advocacy to strengthen collaboration and public awareness. A manuscript is ready to be submitted for publication.

Research Capacity and Capacity Building

Looking ahead to 2025, a key priority is to strengthen the research capacity and capability within our osteopathic profession in New Zealand. Together, we can shape a future where osteopaths are not only exceptional clinicians but also influential contributors to evidence-based practice. Here's a glimpse of some exciting initiatives in the pipeline:

1. **Formal Research Pathways:** Significant progress has been made in creating opportunities for New Zealand osteopaths to pursue advanced research qualifications, such as master's or PhD programs, in New Zealand and Australia. Updates on these pathways will be shared soon—stay tuned!
2. **Micro-Credentials:** For clinicians eager to explore research but unable to commit to full-length programs, micro-credential courses will be launched in 2025. These flexible options are designed to fit seamlessly into busy schedules—details coming soon!
3. **Direct Engagement Opportunities:** I'm developing accessible research designs, like case series and reviews, to enable practitioners to engage in hands-on research while learning through doing. Calls for participation will be posted on the ONZ website, so keep an eye out for updates.

Research Engagement and Uptake

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 1: Unlocking Clinical Insights – A Guide to Case Studies and Case Series by Dr. Michael Fleischman.

Access the webinar here: [Watch Webinar 1](#)

Webinar 2: Osteopathic Intervention for Inflammatory Conditions of the Lactating Breast:

A Case Series by Adjunct A/Professor Roger Engel, Dr. Katie Willy, and Dr. Elise Fuller. This webinar is specifically designed for practicing osteopaths, by practicing osteopaths.

Register here: [Register for Webinar 2](#)

Research Fellowship

The osteopathic research fellows at '[SOLAR-ARCCIM](#)' met in Sydney in October for a one-week intensive residential. I'm glad to inform that this residential was a success with plenty of opportunities to learn and share. The fellows are busy analysing and writing up the results from the ORC-NZ research dataset. Currently, four more manuscripts are closer to submission. The link to these publications will be made available as soon as they get published.

Special Interest Group - Research

I'm thrilled to share that we're in the process of forming a Special Interest Group (SiG) for research within our osteopathic community! This group will serve as a platform for collaboration, innovation, and knowledge exchange between clinicians, academics, and researchers who are passionate about advancing osteopathic research. I'm currently in the process of identifying the core group for this exciting initiative. If you're a clinician, academic, or researcher with an interest in joining this SiG, I'd love to hear from you!

Please don't hesitate to reach out to me at Kesava.KovanurSampath@wintec.ac.nz. More details about the SiG's structure, goals, and how it will support research initiatives will be shared soon—stay tuned for more updates!

Conference 2025

The combined NZ/Australia osteopathic conference is scheduled to take place in Auckland from September 5-7th, 2025. This three-day event presents an exciting opportunity for the profession, featuring both clinical and research-based presentations and workshops. A call for research presentations will be announced soon, along with a link to submit a structured abstract. Be sure to keep an eye on the ONZ website for further updates!

I'm both ambitious and confident in declaring 2025 as the "Year of Research Excellence" for osteopathy in New Zealand. Let's make this the year we elevate our profession through innovation, collaboration, and groundbreaking research! Together, we can cultivate a culture of research and innovation that will elevate our profession and its impact on patient care. Let's make 2025 a transformative year for osteopathy in Aotearoa!

-Dr Kesava Kovanur Sampath



In an era where evidence-based practice is paramount, clinicians often find themselves navigating the challenging intersection of research and real-world application. Our recent webinar, "[A Clinician's Guide to Performing a Case Study and a Case Series Study](#)," presented by Dr. Michael Fleischmann, explored the practicalities of conducting case series and applying this research method in clinical settings.

Dr. Fleischmann highlighted the role of case series as a practical research approach to bridge the gap between clinical practice and traditional randomized controlled trials (RCTs). Case series allow practitioners to observe real-world therapeutic interactions, document patient outcomes, and generate hypotheses for future research.

A Guide to Case Studies and Case Series

Dr Michael Fleischmann

Multicenter collaborations and frameworks like Peacock offer structured methodologies, enabling osteopaths to measure success and contribute to the profession's growth while respecting individual practice contexts. The session also provided tools to document real-world clinical outcomes effectively and this webinar equips you to explore therapeutic interactions, measure patient progress, and contribute valuable insights to your field.

The webinar was well attended and well-received globally, with participants from New Zealand, Australia, France, Norway, the UK, and beyond. The video recording is available on the [ONZ website resources](#) and we encourage you to explore the tools, insights, and inspiration shared during this impactful webinar to enhance your practice and contribute meaningfully to advancing the field of osteopathy.

Key Takeaways

1. Value of Evidence-Based Practice:

- Evidence-based medicine is essential but often challenges real-world observations of clinical effectiveness.
- The practitioner-patient interaction is frequently undervalued in traditional research paradigms.

2. Role of Case Series in Osteopathy:

- Provides a pragmatic lens to observe and document real-world practices.
- Facilitates exploration of therapeutic interactions and generates hypotheses for further research.

3. Challenges with Traditional Research Designs:

- RCTs may fail to capture the nuances of patient preferences and real-world practice.
- Case series complement RCTs by addressing gaps and documenting practical therapeutic interventions.

4. Steps in Conducting Case Series:

- Define patient population, intervention, and outcomes.
- Use frameworks like Peacock for structured observation.
- Emphasize the importance of routine clinical care and its longitudinal impacts.

5. Ethical Considerations:

- Ensure transparency, informed consent, and disclose conflicts of interest.
- Ethics requirements for case series are less stringent but demand adherence to privacy protocols.

6. Significance of Patient Voice:

- Patient feedback enriches the understanding of effectiveness.
- Incorporate patient-reported outcomes into case series for robust analysis.

7. Practical Applications:

- Collaboration across clinics can offer broader insights.
- Enables clinicians to measure success and support professional development.

8. Philosophical Reorientation in Research:

- Calls for reconsideration of evidence hierarchies in light of the biopsychosocial model.
- Observational studies should be valued for exploring complex clinical phenomena.



OSTEOTALK

BRIDGING RESEARCH AND PRACTICE



Emerging Practitioners Award 2024



Osteopaths New Zealand proudly recognises Justine Gunther as this year's top osteopathy graduate, an award that celebrates all-round excellence and exceptional devotion to the profession.

The emerging practitioners award celebrates the exceptional devotion and hard work of the awardee; in their pursuit of excellence within the field of osteopathic practice. Recipients of this accolade are chosen from among the top graduates of the year, as nominated by the teaching staff within the Ara postgraduate diploma programme.

Justine was a committed student, with phenomenal attendance and engagement in class. She not only performed well academically, she also inspired other students, with her role as the leader of the Peer Assisted Study Support (PASS) group for anatomy. Justine attended the Future Leaders in Health programme in Christchurch; where she represented osteopathy amongst other future health practitioners in their final year of study. Justine also spoke on behalf of the student cohort at the Osteopathic Key Strategic Stakeholders (OKKS) meeting this year. Amongst completing her diploma, clinic shifts and outside study commitments she was a student representative for the fourth year student cohort.

This award acknowledges Justine's potential to make significant contributions to the osteopathic profession's ongoing evolution and advancement. It serves as a testament to Justine's unwavering passion, commitment, and remarkable achievements this year. We are proud to have her join our profession and wish her all the best for her future endeavours in Invercargill.





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

WOMAN & HER DISEASES

An imaginative poet avers that woman is the link connecting Heaven and earth. True it is, we see in her the embodiment of purity and heavenly graces, the most perfect combination of modesty, devotion, patience, affection, gratitude and loneliness, and the perfection of physical beauty. The uterus, or womb and ovaries with which her whole system is in intimate sympathy, render her doubly susceptible to injurious influences and a resulting series of diseases, from which the other sex is wholly exempt. Physically and mentally, woman is perfected- the last and crown handiwork of God. When therefore, this structure so wonderfully endowed, so exquisitely wrought, and performing the most delicate and sacred functions which God has ever entrusted to a created being, is disturbed by disease, the most efficient aid should be extended, in order that the normal equilibrium may be regained, her health restored and her divine mission, one which human welfare so largely depends, be fulfilled. Its importance should elicit the best efforts of the highest type of mind, the ripe development of genius, and the choicest, rarest, and purest medicinal elements in the whole range of nature.

DYSPEPSIA

In some cases, the digestive fluids are weak and fermentation results, giving rise to flatulency and belching. An antiseptic, which may be prepared by mixing a teaspoonful of hydrochloric acid with four ounces of water, of which a teaspoonful may be taken after each meal will prove beneficial to check the fermentation and aid digestion. The addition of one or two drops of a mixture of one-part carbolic acid and six of glycerine to the above solution, improves its antiseptic properties. Or, Dr Pierce's Golden Medical Discovery will stop undue fermentation, and from its tonic and invigorating effect upon the lining membrane of the stomach, will generally overcome the indigestion.

DR PIERCE'S GOLDEN MEDICAL DISCOVERY

For the cure of all severe, chronic or lingering coughs, bronchitis, laryngitis, weak lungs, bleeding from lungs, public speaker's sore throat, hoarseness and suppression or loss of voice. A remedy for torpor of liver (generally termed "liver complaint" or "biliousness") and for habitual constipation of the bowels. For loss of appetite, indigestion and dyspepsia, and for general nervous disability or prostration, in either sex. An alterative, or blood purifier; valuable in all forms of scrofulous and other blood diseases. For skin diseases, eruptions, pimples, rashes and blotches, boils, ulcers, sores, and swellings, arising from impure blood.



VISITING THE SICK

Visiting may be productive of good or evil results. Mental impressions made upon the sick exert a powerful influence upon the termination of disease. The chances of recovery are in proportion to the elevation or depression of spirits. Disagreeable and melancholy associations begat sadness and despondency, discourage the patient, depress the vital powers, enfeeble the body, and retard recovery. Unless persons who visit the sick can carry with them joy, hope, mirth and animation, they had better stay away. An unfavourable opinion should never find expression in the sick room, no matter what the visit may think with regard to a patient's recovery.

Life hangs upon a brittle thread, and often that frail support is hope. Uttering such expressions as "How bad you look: "I would have another Doctor; one who knows something!" etc, and the tie which binds them to earth is snapped asunder. The visitor becomes a murderer!



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



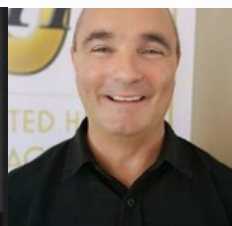
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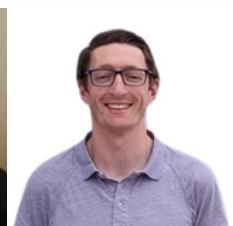
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