



Osteopathy

a hands-on approach to health care

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

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

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



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

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

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



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Ngā Mātanga Wheua ō Aotearoa