



Osteopathy and getting older

gentle and effective treatment to help keep you active

Many older New Zealanders mistakenly believe that the effect of ageing on their body's joints is inevitable, and that pain is a fact of life they must learn to live with.

Keeping mobile is the key to your health and independence. Osteopaths can offer treatment and advice to help improve mobility, circulation and balance, reducing joint stiffness and pain and helping you lead a more fulfilling life.

Your osteopath can work with other health practitioners to ensure a complete, integrated approach to your health care.



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Your osteopath can:

- provide safe, gentle and effective treatment to keep your body balanced and mobile
- suggest home exercises to keep you stronger and more flexible
- give guidance on other exercise such as walking, tai chi, yoga or gym work to aid your circulation, balance and maintain muscle tone
- advise on gentle stretches to maintain joint and muscle flexibility and help prevent injuries

Osteopathy's gentle and effective techniques may help with the symptoms of general stiffness, arthritic pain, neck, back, hip or knee pain. Treatment can also be extremely helpful with recovery after surgery.

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