

Osteopathy

WE are **YOUR** community health connection!



Osteopathy is a holistic approach to help diagnose and treat the root cause of your pain. Treatment uses a range of techniques, including massage, stretching, joint mobilisation, joint manipulation, home based rehabilitation and health education.

Problems our Osteopath can help you with include:

- Chronic pain
- Regular headaches
- Pregnancy
- Arthritis
- Lower back pain
- Postpartum

The program is delivered at the Euroa Medical Clinic.



FOR MORE INFORMATION

To access the Osteopath, please contact Primary Care Connect on (03) 5823 3200 or visit our website at www.primarycareconnect.com.au.



Contact Us:
399 Wyndham street Shepparton
(03) 5823 3200
[/primarycareconnect](http://primarycareconnect.com.au)



WHAT WILL YOUR APPOINTMENT LOOK LIKE?

- Your initial consultation will include discussing what your complaint is, when it impacts you the most and any other relevant information such as medical history.
- Once a case history has been taken it's time for your physical exam. We will assess your joints range of motion, feel how tight/tense your muscles are, and complete some orthopedic testing to see what may be causing your pain.
- Once we have assessed your body, a treatment plan will be discussed with you. Here we'll talk about why we are treating a specific structure, what hands on techniques will be used and answer any questions you may have.
- Treatment could include a variety of techniques including massage, joint mobilisation (moving the joint), joint manipulation ("cracking"), stretching, balancing ligaments and more!

WHAT HAPPENS AFTER YOUR APPOINTMENT?

- Once your treatment is over we can discuss at home exercises and/or other exercise based classes that may benefit you.
- You will be rebooked at a time that suits both you and the cause of your complaint e.g. monthly for chronic arthritic pain or weekly for an acute ankle sprain.
- You may feel a little tender after your appointment but overall should see a big improvement in your presentation! The Osteopath will discuss this with you during and after your appointment, but always ask if you have any concerns.
- Eventually you shouldn't need to see the Osteopath anymore (or very rarely) because YOU will have all the tools you need to manage your health and wellbeing!



WANT TO KNOW MORE?

Visit [whatisosteo.com](https://www.whatisosteo.com), or call Primary Care Connect on 5823 3200.