



## Frequently Asked Questions

### What is Osteopathy?

We are government registered practitioners of manual medicine. We treat the physical body, joints, muscles and connective tissue with hands on techniques. Treatment approaches vary, but may include soft tissue massage, stretching, joint manipulation, resisted muscle exercises or gentle body adjustments such as those performed by cranio-sacral or biodynamic osteopaths. We aim to treat the body as a whole, not just the local area that is causing the pain. For example, a neck problem might be due to a longer right leg. Isn't the body amazing?

### Our philosophy:

The Osteopathic profession is founded upon the belief that the person is a unit of body, mind and spirit capable of self-regulation and healing. This holistic approach and the quest to find health, not just disease in the patient, is a distinguishing feature of Osteopathy.

### What sort of problems do Osteopaths treat?

We are trained to diagnose and treat all sorts of sports injuries, neck and low back pain, sciatica, migraines, common tension headaches, RSI of the elbows, shoulder problems, knee pain, office strains, emotionally driven stress or bad posture etc. Anything you would see a physiotherapist or chiropractor for will be perfectly treated by an Osteopath. Osteopathy can help your body function at it's maximum efficiency and prevent further degeneration developing.

### Is Osteopathy beneficial for all age groups?

Everyone from babies to the elderly can benefit from Osteopathy.

### What training does an Osteopath undergo?

Osteopathic training in Australia consists of a minimum of five years of undergraduate and post graduate study. All Osteopaths must be registered with the Osteopath's registration board of Victoria which is regulated federally by the Minister for health.

The main representative body for Osteopaths Australia wide is the Australian Osteopathic Association (A.O.A.) which deals with issues specific to the profession ie. Continuing education, promotion and legislation issues.

### Do I need a referral from a GP?

No. We are trained as primary health care practitioners so a referral note from your doctor is not required. Osteopaths are not only trained to diagnose musculoskeletal problems but general medical problems that may need conventional attention. I may request your consent to discuss with your progress with your doctor.

### **Can I claim my treatment on Medicare?**

Normally Osteopathic treatment is not covered by Medicare. However most private health insurance funds with extras cover do reimburse a portion of the cost of treatment.

However people with chronic conditions and complex care needs who are being managed through an Enhanced Primary Care (EPC) plan may be eligible for up to five allied health services per year on referral from their General Practitioner.

### **How long are the treatments?**

The initial consultation lasts one hour. Generally follow up consultations are 30 minutes. I also have an hour long follow up treatment depending upon your needs.

### **Should I bring X-rays with me?**

Yes! The more information about your problem – X-rays, CT scans, MRI's and their reports the better. If your X-rays don't have a report contact the place where you got them done and get them to fax either me or you a copy before the appointment.

### **What happens in the first treatment?**

Well this depends upon what you are here for. It will mostly involve half an hour of history taking and half an hour of treatment. In this first treatment we take a comprehensive history that will involve a broad health assessment. If you are here for an Osteopathic treatment I will look at your posture ask you to move certain parts, draw a picture of your postural imbalance and explain the course of action. I will then treat you. If you want Naturopathy then I will begin to discuss diet, suggest a range of supplements that you can take to address your deficiencies and begin you on a path to better health. For Acupuncture you will get a half an hour treatment.

### **How many treatments will I need?**

I will discuss the treatment plan with you when I see you in the first 2 appointments. The longer the problem has been there the longer the time will be needed for recovery. This is because the body tissues and nervous system have memory and learnt patterns of poor posture.

Generally a course of 4-8 Osteopathic treatments is required for recently developed problems. Factors that can affect the speed of recovery will also need to be addressed and appropriate lifestyle changes instituted. We are committed here to not just get you out of pain but also deal with the causes to help prevent recurrence of your problem.

### **What is Acupuncture?**

Acupuncture is the insertion of fine needles into the body at specific points shown over thousands of years to be effective in the treatment of specific health problems. It originated in China. Current electromagnetic research has confirmed the location of these points.

I will be using traditional Chinese methods of pulse and tongue diagnosis to assess your imbalances and vitality. I will then select acupuncture points to help your body heal itself.

And by the way ... it is almost painless. Just ask any of my clients who have it done.

### **What problems can be treated by Acupuncture?**

The World Health Organisation has said that Acupuncture is suitable for treating the following:

#### 1. Ear, Nose and Throat Disorders:

Toothaches, pain after tooth extraction, earaches, sinus inflammation or dryness.

#### 2. Respiratory Disorders:

Uncomplicated bronchial asthma in children or adults

#### 3. Gastrointestinal Disorders:

Digestive tract problems, hiccoughs, inflammation of the stomach, chronic duodenal ulcers, inflammation of the colon, constipation, diarrhoea, dysentery caused by certain bacteria

#### 4. Eye Disorders:

Inflammation of the conjunctiva and central retina, near-sightedness (in children) and uncomplicated cataracts.

#### 5. Nervous system and Muscular Disorders:

Headaches, migraines, certain facial paralysis or nerve pain, partial weakness after a stroke, inflammation of the nerve endings, bed wetting, frozen shoulder, tennis elbow, sciatica, low back pain and osteoarthritis

#### **How deep do the needles go?**

That depends upon the nature of the problem, the location of the points selected, the patients size, age and constitution but generally ¼ to 1 cm depth.

#### **Does Acupuncture hurt?**

Generally no but frequently when the needle is stimulated you may feel some cramping, heaviness, tingling or electric sensation either around the needle or travelling up or down the affected meridian or energy pathway. Discomfort is usually mild to non-existent. If a needle is sharp it is immediately removed as it may indicate a little blood vessel has been pricked. The pain will immediately go when the needle is removed.

#### **Are the needles clean?**

I employ world best practice which is to use sterilized, individually packaged disposable needles. All needles therefore are disposed after treatment.

#### **How does Acupuncture work?**

Modern Western medicine cannot explain how Acupuncture works. There are a number of theories involving reducing muscular spasm and trigger points in muscle and affecting nerve flow but these are inadequate to explain the broad range of health disorders that Acupuncture is useful for.

Traditional Acupuncture is based upon ancient Chinese theories of the flow of qi (energy) and Xue (blood) through distinct meridians or pathways that cover the body somewhat like nerves and blood vessels. According to ancient theory acupuncture allows qi to flow to areas where it is deficient and away from where it is in excess. In this way Acupuncture regulates and restores the harmonious energetic balance of the body. In Chinese there is a saying "There is no pain if there is free flow: if there is pain there is no free flow".

#### **Why come to me for Acupuncture?**

Because I am a state registered Acupuncturist in traditional Chinese medicine. This means that I will diagnose and treat you using ancient methods rather than just 'dry needling' which is commonly used by other health practitioners and GP's who just do short courses and who cannot use the title Acupuncturist. This will mean a better result for you. The other benefit of seeing me is that I am

trained in a broad range of disciplines and you will benefit from my experience in combining them to get you the best outcome in the quickest time.

### **What can I expect after an Acupuncture treatment?**

You may notice a spot of blood or bruise at the site of the needles after the treatment. These should not be harmful but please discuss this with me if you are concerned. People can also feel relaxed and occasionally a bit light headed after treatment. You may also find you sleep more peacefully, feel more energetic, relaxed and your bowels may regulate.

### **What is Naturopathy?**

The Naturopathic philosophy is to treat the entire body-mind-spirit and emotions by improving the wellbeing of a person as a whole.

Typically 3-4 months of supplements constitute a course of treatment. This is because the body needs time for repair and cell turnover. Supplements may include vitamins, minerals and herbs which will not only treat your specific complaint, but also address other areas that are contributing to your imbalance.

To stay well I will recommend a treatment plan and regimen of supplements to support wellbeing and detoxification.

Naturopathy does not interfere with orthodox prescriptions – drug supplement interactions are well known now – rather it is vital to enhance the immune system, detoxify any unwanted and stored toxins, address nutritional insufficiencies which are common in the western diet and improve lifestyle and the bodies capacity for self healing.

### **What is the benefit of maintenance treatments?**

Health is a journey. Here at this clinic we put your relationship with your body and mind as the priority. Coming for regular maintenance is about dropping deeper into the journey of your own self care. Here at this clinic each appointment is not a repeat of the last. Each time you come in I am committed to a fresh review as I know that the body is dynamic and always changing. I will draw on the latest in quality care including both Eastern and Western medicines. Lets connect deeply to the present moment and see what emerges to support the total you, and continue to promote your body's health.

### **What is the benefit of the hour long follow up consultation?**

#### **The hour long consultation**

I have constructed the hour long consultation because sometimes it is important to have the space and time to explore what needs to be done, and to allow the body time to shift into it's correct alignment. In this hour in addition to doing biodynamic cranial work or postural structural manipulations, I may additionally draw on other approaches like visualisations and healing meditations. Central to the way I work is the belief that the mind and body are inseparable. I believe that it is important for all treatments to include a nervous system balancing component. This may mean I may guide you through a meditation that helps you release built up tensions or even a visualisation of your chakras - energy centres in our body that connect us to a deeper level of wellbeing. The hour gives us time to explore and play.

#### **About the masseur.**

There is a masseur who is a fully qualified remedial masseur.

### **What is massage?**

Massage is one of the oldest, simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body.

Pressure is applied to various tissues of the body, including muscles, connective tissue, tendons, ligaments and some joint structures.

### **How does massage work?**

Massage does much more than create a pleasant sensation on the skin; it also works on the soft tissue (the muscles, tendons, and ligaments and more) to improve muscle tone.

Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscle and possibly even the organs themselves.

Massage also stimulates blood circulation and assists the lymphatic system (which runs parallel to the circulatory system), improving the elimination of waste throughout the body.

### **What can massage be used for?**

It may assist in healing of injuries, relieving stress, managing pain, improving circulation and relieving general tension. My massage therapists will tailor the treatment to suit your needs.

### **Quality Spinal and Holistic Health Care.**

Prahran Osteopathic Clinic

9 Izett Street, Prahran 3181

Tel. 9521 1522

[www.energybodyfood.com](http://www.energybodyfood.com)