

## **Osteopathic Manual Therapy**

Is a highly specialized form of treatment based on an extensive understanding of anatomy and physiology; and the interconnections of the entire body.

### **Principals Of Osteopathy**

\*Health encompasses a persons mind, body and soul. If one or all are out of balance there will be a diminishment in health.

\*Structure and function are interrelated. When the body is unbalanced and not functioning properly, it will show itself in the structure of the body.

\*If given the chance, the body will always strive for a state of health and homeostasis.

## **Heritage Health Care Centre**

### **Osteopathic Manual Therapy**

*Rebecca Gilchrist, RMT,  
Osteopathic Manual Therapist*

10592 Wellington Rd.  
St. Thomas ON  
N5P 3T1

**519-633-2585**  
**[www.heritagehealth.ca](http://www.heritagehealth.ca)**

## Osteopathic Treatments

Proper spinal mechanics is the key to optimal health and longevity. The goal of treatment is to restore proper movement and improve structural stability, allowing the body to return to normal physiologic function. Housed within the spine, the nervous system controls every cell, organ, muscle and tissue in the body, all veins, arteries, and lymphatic's. Unbalanced spinal mechanics causes the nervous system to function improperly; it will eventually lead to pain and disease. Osteopathic treatments will trace the symptoms back to the source. Compressions, stressors or strains within the structure will be corrected, allowing the nervous system to function normally and to repair and restore balance.

## Osteopathic Treatments Are:

### PREVENTATIVE

- Maintain balance and structural stability
- Prevent development of strain patterns that lead to disease

Even if you are not experiencing symptoms you should have a postural evaluation. This is the perfect time to have treatment because the body is better prepared to accept and maintain corrections made through treatment and prevent the body from developing disease.

### CURATIVE

- Reduce/Eliminate Pain
- Reverse disease process
- Help medications reach target organs/tissues

Osteopathy is drugless medicine. By improving nerve supply, arterial supply, venous drainage, and lymphatic drainage to an area that is exhibiting distress we are able to flood the damaged tissues with fresh, healing blood to treat and reverse the process. If given the chance, the body will always strive for health.

### PALLIATIVE

- Reduce pain
- Help medications reach target tissues / organs

In some cases the disease process has taken over the majority of the body's cells and the patient's vitality is too low to fight off the ailment. Osteopathic treatments can help by decreasing the pain associated with the disease and help by freeing up compressions so that the medications can reach target tissues.

### Fees For Osteopathic Manual Therapy Treatments

**Initial Assessment-----\$80.00**

**On going-----\$65.00**

Please note that prices are subject to change without notice