

What is Osteopathy & FAQ.

Osteopathy is a holistic principles-based manual therapy. It is a gentle, non-invasive approach addressing a vast variety of health concerns and different forms of pain.

The objective is to restore motion where it's been lost by realigning muscles and bones, which will alleviate obstruction of nerves, arteries, veins and lymphatics giving back the body's ability to self heal.

The principles and laws that govern Osteopathy help guide the practitioner to utilize the right tools for the job, rendering a rational treatment individualized for each patient.

The 4 primary principles of Osteopathy:

1. *The body is a dynamic unit of function - mind, body and spirit.*
2. *The body is self healing and self regulating.*
3. *Structure and function are reciprocally interrelated.*
4. *Rational treatment is based upon an understanding of the above three principles.*

- **What do Osteopathic Practitioners work on?**

Depending on your physical requirements found during assessment is what will be worked on during the treatment. These regions include:

- Head / Face
- Neck
- Upper Chest - Arms: Shoulders / Elbows / Wrists / Hands
- Spinal Column / Ribs
- Abdominal Region
- Pelvis - Buttocks / Legs: Hips / Knees / Ankles / Feet
- Breasts are excluded unless specifically indicated for clinical purposes

- **What should I expect for my initial appointment?**

Your first visit consists of completing health history and consent forms. Concerns and medical conditions are discussed. Osteopathic structural assessment is conducted and treatment plans are discussed with you. Wearing loose/comfortable clothing is recommended.

- **How long are treatment sessions?**

Initial consultation and treatment last up to an hour.
Subsequent treatments last up to 30-40 minutes.

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

Total treatments are dependant on the individual. The chronicity/acuity determines how often you may need to receive treatment. Your body's response also determines this. An appropriate time between visits is required to allow your body to integrate the changes made with each treatment. When results persist, less treatment is required and therefore the patient / practitioner can arrange treatments when is deemed necessary.

- **Is Osteopathy covered by OHIP?**

Osteopathic services are not covered by OHIP, however may be partially or fully covered by extended health insurance plans. Please contact your health provider.

- **Do I need a referral?**

A referral is not required for Osteopathic care.

Kayla Di Venosa is a classically trained Osteopathic Manual Practitioner – Joining the Healing Foundations team in March