



infosheet Osteopathy

Why consult an Osteopath?

Our clients often comment on the comprehensive nature of Osteopathy. We aim to help them to develop a better understanding of their condition and how to manage it.

At Solutions for Wellbeing, Osteopaths work closely with other allied health professionals and your doctor to hasten recovery and promote health. How Osteopathy and other therapeutic options might contribute to recovery are discussed.

Osteopaths develop a diagnosis after a thorough examination; investigate how their client's life is affected and identify factors which may be contributing to the problem. Like their approach to diagnosis, osteopathic treatment is comprehensive. Treatment will always involve explaining what the problem is and things you could do to speed recovery.

Treatment often include hands-on therapy (targeted soft tissue and joint mobilisation and may include manipulation if requested), specific exercises to improve strength, postural support and mobility and advice about safely returning to activities. Braces, strapping and dry needling may be used, depending upon the client's needs and preferences.

Are rebates available?

Rebates are available under private health funds, Medicare Enhanced Care Plans, DVA, Worker and MVA insurance claims. Medical referral is not required for health fund rebates.



Which problems do Osteopaths treat?

- Musculoskeletal pain and injury
- Pain, particularly re-occurring and persistent pain
- Arthritis
- Neck and back pain, headache
- Referred pain such as sciatica
- Posture, tension, stiffness and weakness
- Sports injuries
- Work and motor vehicle accidents.

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Solutions for Wellbeing offers on-the-spot rebates with private health funds and Medicare and EFTPOS.