

Donald A Moody, DO, MCrOA – Registered Osteopath – Tel: 01752 893253

O Osteopathic lesions – body joints in stress

S Sporting asthma – Shin splints - Stress

T Tension pains -spasms

E Energise neurological systems

O Occipital mobilisation - cranial

P Pains in soft tissue – muscles - ligaments

A Ankle, foot, knee and hip pains

T Thoracic pains

H Head pains

Osteopathy today is about 'holism' - treating the whole structure - it doesn't treat pain but it can relieve pressure.

In essence it provides balance and mobility to the structural frame of the body and teaches the patient how to keep that balance and mobility. It is not much use straightening someone unless you teach them how to stay straight and persuade them to give the body time to heal.

The philosophy behind the healing of osteopathy is that "the structure of the body influences the way that we function". So if your body is out of balance or lacks full mobility, you cannot function to your full potential and that applies to the organs of the body as well as muscle, ligamentous tissue and circulation.

It follows then that if the body is going to do the healing then it needs time and freedom from stress - which in extreme cases will also mean time to rest – a precious commodity for everyone these days.

What will benefit from osteopathy? – well almost anything except life threatening emergencies or serious pathology. Remember, if you are out of structural balance or full mobility you cannot function as efficiently as you should, and yes, that applies to the head as well – cranial osteopathy.

The question I am most often asked is "what is the difference between an osteopath and a chiropractor?" and the answer is 'very little'. We are all manipulators and each of us is individual and can differ in each to our own skills and beliefs, but we all have a common ancestor called Dr. Andrew Taylor Still.

In 1895 in America the medical profession adopted the term osteopath and forced all those osteopaths of the day, who were not doctors, to call themselves something else and the term chiropractic was born. As there were no such regulations in Europe those who did not agree migrated to Europe and so osteopathy came to England and is still in use today.

A list of some of the conditions that will respond to balance and mobility, with time to heal, are:

- low back pain
- arm and leg joint pain
- mid and upper back pain,
- structural rib pain (not fractures)
- neck pains
- head pains
- lack of mobility in any joint
- sporting asthma
- visceral pains where the imbalance of the body structure is causing the organ to dysfunction.

Children respond particularly well to osteopathy, especially babies, if they are restless, cannot sleep or have bad behavioural problems.