

How much do treatments cost?

The cost of treatment varies. When you make an appointment you should discuss the charge with the practitioner. If you have a problem that is related to an accident, then ACC will cover part of the cost. Osteopaths are ACC and Health Insurer providers.

How can I be sure I'm in safe hands?

All osteopaths are required by law to be registered with the Osteopathic Council of New Zealand (OCNZ), and must hold a current practicing certificate issued by OCNZ.

All osteopaths must complete ongoing education.

Osteopaths are at all times happy for you to bring a support person into the treatment room with you. This is especially so when children are being treated.

What should I do if I'm unhappy with my treatment?

Often problems are caused by misunderstandings and can easily be resolved by discussing your concerns with the osteopath directly. If this does not resolve the problem or your concerns are of a more serious nature, the OCNZ has a Code of Ethics which patients may refer to.

How can I obtain further information?

- International Society for Osteopathic Practice (New Zealand) Inc
<http://www.isop.co.nz/>
- Osteopathic Council of New Zealand (OCNZ)
www.osteopathiccouncil.org.nz



Osteopathy

What is osteopathy?

Osteopathy is an established recognised system of health care which lays its main emphasis on the structural and functional integrity of the body. It treats the body as a whole, with each part having a distinct relationship with the other. It uses hands on treatment that works on the physical body to allow it to return to good health.

Osteopathy was defined by Dr A.T. Still in Missouri, USA in the mid 1800's and has been used in New Zealand since the 1930's.

How can I benefit from osteopathy?

Osteopathic treatment can help adults, children and infants.

Osteopaths can treat a wide range of conditions that arise throughout life, including:

- acute pains caused through injury or trauma
- chronic pains caused by occupational stress and repetitive strains
- conditions such as asthma, hypertension, headaches and a host of others
- problems that develop during pregnancy and following childbirth
- disorders common in babies and children such as colic, reflux and sleeplessness

How does osteopathy work?

Osteopaths believe that much of the discomfort people experience comes from dysfunction in the body's structural system. A problem in one area of the body's structure can be contributing to discomfort in another area. Conditions such as headaches, asthma or indigestion are often symptoms of a dysfunction in the body's structural system.

What can I expect when I have an osteopathic consultation?

At the first consultation the osteopath will take a detailed case history.

Your posture and movement will be studied, and you may be referred for other tests such as blood tests or x-rays. You will normally be required to remove some of your outer clothes so a clearer view of the body can be obtained.

The osteopath will tell you what they have found and outline how they could treat you. It is often necessary, especially if this is your first visit, to have 3 to 4 repeat visits.

You may be advised on things you could do to prevent the condition returning.

What happens in an osteopathic examination?

Osteopaths work with their hands using a wide variety of treatment techniques.

These may include soft tissue, rhythmic passive joint mobilisation or the high velocity thrust techniques designed to improve mobility and the range of movement of a joint. Gentle release techniques are widely used, particularly when treating children or elderly patients.

These techniques allow the body to return to efficient normal function.

Does osteopathy hurt?

It is possible that you may experience some minor discomfort or aggravation of your symptoms for 36 to 48 hours following your treatment (especially if this is your first visit). This response is quite normal as the osteopath has often made significant changes to your body's structure. If the symptoms persist, or you are uncertain about your body's response, then please contact your osteopath.

The full benefit of an osteopathic treatment is often not felt for 2-3 days after the treatment.

Do I need a referral from my GP?

Osteopaths are mainstream health providers who are able to treat patients without referral from another health provider such as a general practitioner.