

## ■ WHAT IS OSTEOPATHY?

*by Oleksandr Klymenko, DOMP, RMT*

Osteopathy is manual medicine that applies a whole-body approach to treating and strengthening the musculoskeletal framework which includes the joints, muscles and spine. The goal is to improve and balance the body's nervous, circulatory and lymphatic systems by using manual techniques to diagnose and treat muscles, tendons and joints.

Osteopathy helps to reduce stress and minimize pain through manipulation and mobilization of joints, providing tactile pressure and loosening of soft tissues in affected areas.

Conditions commonly targeted include: issues with the spine including neck and head, posture, digestive problems, genito-urinary problems and myofascial pain.

### *Osteopathy for Children*

The calm and soothing approach of osteopathy is especially suitable for children, including infants. Structural problems that affect proper mobility and function can be assisted or corrected. Osteopathy is also an effective treatment for respiratory conditions, brain development, and infections in the ear, throat or urinary tract.

*Osteopathic treatment is especially good for: sciatica, lamblagia, discopathy, strains, whiplash, cephalalgia, migraine, sinusitis, TMJ, scoliosis, flat back, hypolordosis, irritable bowel syndrome, gastric reflux despise, constipation, abdominal pain, kidney infections, incontinence, menstrual problems, myofascila pain syndrome, and much more.*



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## ■ TYPES OF OSTEOPATHY

### Visceral Osteopathy

Visceral Osteopathy helps to normalize the function of internal organs without the use of drugs. The goal is to improve blood flow to organs and tissues, stimulate lymph circulation, improve digestion, normalize function of the gastrointestinal tract and resolve gynecological problems. Visceral Osteopathy is commonly used for the following conditions: prolapsed organs, heart disease, gynecological problems, gallbladder or liver problems, spinal issues, and more.

### Pediatric Osteopathy

Premature babies can benefit from Paediatric Osteopathy as well. For instance, babies may be born with abnormal brain structure due to the pressure from childbirth. In this case, stress and pain can be relieved by utilizing appropriate techniques. Moreover, it is effective for ear infection, sleeplessness, epilepsy and tooth pain.

### Cranial-Sacral Osteopathy

This type of treatment usually employs very light touch technique. It is not performed specifically to cure disease but instead, it enhances the body's ability to cure itself. The benefits of Cranio-Sacral Osteopathy are maintaining mental balance, correcting posture, and treating spinal defects.

### Cranial Osteopathy

This focuses on cranial and sacral regions of your central nervous system to treat spinal, brain or back injury. Cranial Osteopathy enhances cranial conditions by using gentle touch which is very smooth, relaxing and painless. Suitable for all age groups, it is found to be very useful for asthma, cerebral palsy, headaches and colic disease.

### Lymphatic Osteopathy

Osteopathic treatment offers gentle assistance to the health of one's lymphatic system. This treatment has proven valuable for: increased health of the circulatory system, enhanced bronchial clearance, reduced need for antibiotics, and many other health improvements, including decrease in the length of a hospital stay.

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