



Tired of trying to navigate your way through the healthcare maze?

Let our team of experienced professionals show you the way.

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

The Bellerive Quay Health Hub
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Level 1 Shop 3A - Group Therapy and Education Hub
Level 2 Shop 6 - Reception and Retail Hub
Level 3 - Therapy, Assessment and Consultation Hub

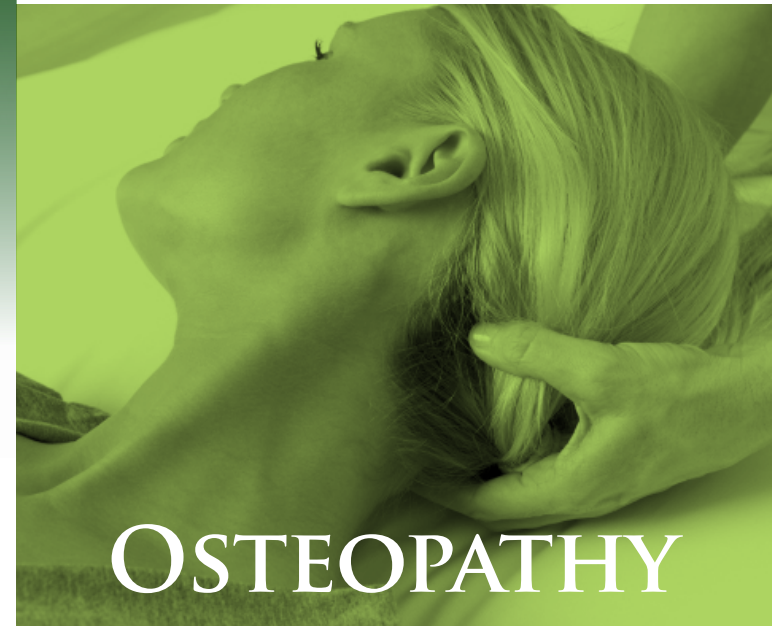
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*Experience
the benefits of
Osteopathy!*



**THE BELLERIVE QUAY
HEALTH HUB**

HOLISTIC WELLNESS CENTRE



OSTEOPATHY

**Your One Stop Multi-Disciplinary
Healthcare Service**

What is Osteopathy?

Osteopathy is a skilled and gentle hands on therapy that treats problems arising from joints, muscles ligaments and connective tissue.

Osteopaths believe that maintenance of good biomechanical function, nervous system and circulation is essential for good health and that problems with the framework of the body can disturb any aspect of our health. Osteopaths work to restore both the structure and function of the body to a state of balance and to encourage the body's natural self-healing mechanisms.

Osteopaths use a variety of techniques ranging from massage, stretching and joint mobilization to subtle and gentle myofascial and osteopathic cranial techniques according to your needs

Principles of Osteopathy?

The first principle of osteopathy is that the body is a single whole unit of function. This means that if one area is damaged or restricted then the rest of the body will adapt and compensate causing inflammation, and pain. Osteopaths assess the whole body to find and treat the cause of the problem.

Who can benefit and what do we treat?

Children to the elderly with a variety of conditions such as:

- Back pain and sciatica
- Neck and shoulder stiffness and pain,
- Headaches and migraines,
- Stiffness, joint swelling and immobility in the elderly
- Pelvic pain
- Hip, knee, elbow, jaw and ankle pain
- Arthritis and chronic conditions such as fibromyalgia
- Pain during pregnancy.
- Stress and tension

What happens in a treatment?

- A detailed case history is taken to find out about your current and past health
- A physical examination to look at your posture and range of movement
- Special tests to confirm diagnosis of your condition and your treatment plan.
- Hands on treatment to address the problem.
- Home exercises for strength and flexibility as required.
- Advice on lifestyle and nutrition if required.

How long are treatment?

Treatment times are: 1 hour for initial and 40 minutes for subsequent treatments.

How many treatments are needed?

For acute conditions 3-4 treatments are mostly required. Chronic or long standing conditions may take longer 6 or more treatments depending on the nature of your condition and how you respond to treatment.

Do I need a referral?

No referral is needed as osteopaths are primary health care providers.

Holders of private health insurance "extras" may claim directly for treatments.

For Medicare rebates you must qualify for an EPC plan. You will need to discuss this with your GP, and a referral is necessary.

