



9889 1078

Chat to one of our specialists to see how we can best help you.

Osteopathy

What is an Osteopath?

Osteopaths are government registered practitioners that form a component of the field of manual therapy. Manual therapy is a discipline of Health Care that encompasses a range of treatment modalities including Osteopathy, Physiotherapy, Myotherapy, Remedial Massage and Chiropractic.

What do Osteopaths do?

Osteopathy involves the application of a combination of hands on techniques including soft tissue massage, muscle mobilisation, stretching and joint manipulation designed to treat injury, relieve pain, improve mobility and strength and increase performance.

To further treatment an Osteopath may prescribe and monitor a rehabilitation exercise program or give ergonomic and postural advice as a means of enhancing recovery or preventing re-injury.

As not all patients respond to manual therapies in the same way, the variety of techniques available to your osteopath enables them to find what works well for patients, so that treatments can be as effective as possible.

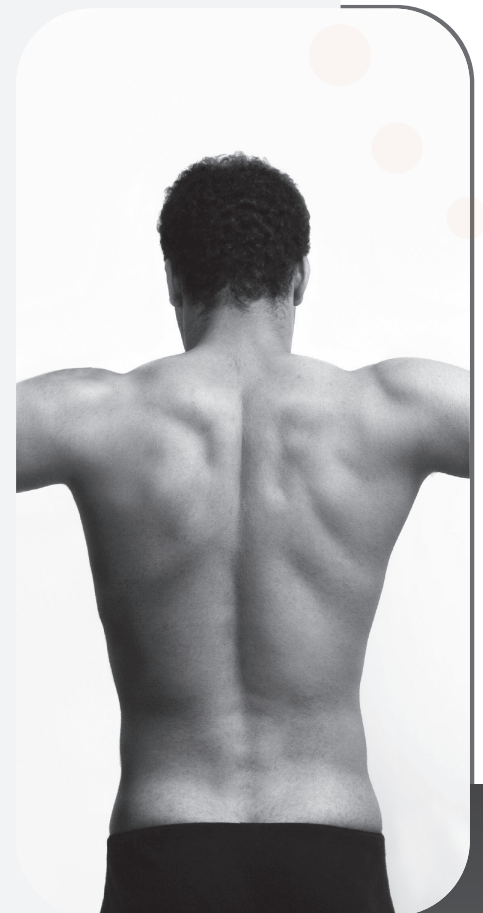
Benefits of Osteopathic Treatment

Osteopaths have advanced skills in the assessment, diagnosis, management and prevention of problems affecting the muscular, skeletal and nervous system which are the most common sources of injury and pain.

Osteopathic techniques are most frequently applied to spinal conditions such as neck pain and headache, back pain, sciatica but are just as effective in treating injuries involving the extremities such as sporting injuries (e.g. sprains and strains) and other joint problems (e.g. arthritis).

How many treatments will I need?

After treatment you should have less pain, feel more mobile, flexible and comfortable in your movements. Relief can be dramatic and long lasting; your Osteopath will expect to see positive results within 2-4 treatments for





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common symptoms. However, it must be emphasised that each individual is unique and it may take several visits before you return to normal.

How effective is Osteopathic treatment?

Government and medical studies over recent years have consistently shown manual therapy to be less expensive, use fewer drugs and have higher patient satisfaction than conventional medical care for back, neck and other musculo-skeletal pain.

Do I need a referral from a GP?

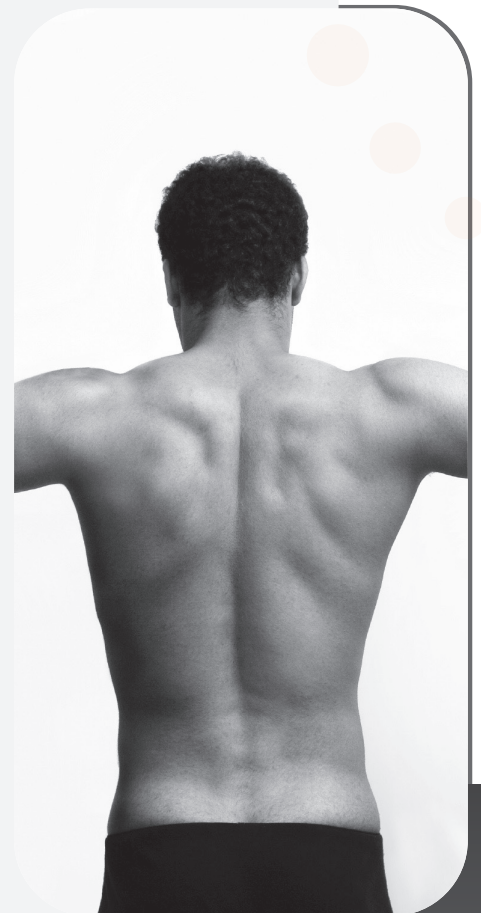
While GP's and specialists seeking the best care for their patients often refer patients to see an Osteopath, referrals are not necessary. For an Osteopathic treatment simply make an appointment with Camberwell Sports & Spinal Medicine directly (9889 1078). Osteopathy is a complementary form of treatment and works well when used in conjunction with medical treatment.

Is Osteopathic treatment covered by my private health fund?

Osteopathic treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine is able to offer "on the spot" rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy.

Is Osteopathic treatment covered by Medicare?

Yes, Medicare now covers osteopathic treatment if your condition meets certain conditions. In the instance that you suffer from chronic pain, your GP can refer you to an osteopath for up to five treatments each year. In this circumstance, for treatment to be covered by Medicare you must have a referral from your GP, so talk to them about an Enhanced Primary Care (EPC) plan.





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Is Osteopathic treatment covered by WorkCover or the Transport Accident Commission (TAC)?

Yes, the cost of osteopathic treatment is covered. If you already have a claim number, please bring it with you. Otherwise, let your GP know that you want to consult one of our osteopaths. We can also help you arrange the necessary approval.

Is Osteopathic treatment safe?

Fortunately the risks associated with osteopathic treatment are very low, particularly when compared with the risks associated with taking pain relieving medications that are readily available in pharmacies and supermarkets.

What to expect on your first visit

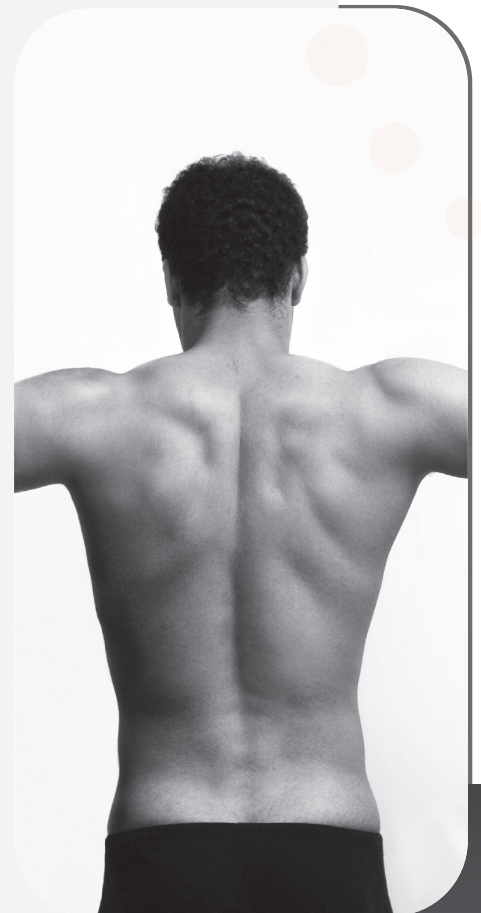
Your initial treatment will take around 45 - 60 minutes. During this initial visit your Osteopath will:

- Take a thorough history to gain an understanding of your injury and circumstances that could have lead to your condition.
- Examine your body and identify the type, source and cause of symptoms.
- Diagnose your condition and discuss this with you.
- Provide hands-on Osteopathic treatment using techniques such as soft tissue massage, stretching, manipulation and modalities like heat and ultrasound.

Devise a treatment plan. We involve patients in treatment choices.

Follow-up treatments generally last for 30-45 minutes.

Educate you about your condition: Understanding your condition will help you to manage it or prevent it from recurring. That's why your Osteopath will provide you with in-depth educational material, including everything you will need to know about your condition, treatment and rehabilitation.





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Who are your practitioners?

Camberwell Sports and Spinal Medicine has three fully qualified osteopaths on staff, working to offer you services seven days a week. Our practitioners are fully qualified and registered Osteopaths and are full members of the Australian Osteopathic Association (AOA) and associated members of Sports Medicine Australia. Osteopathic education in Australia consists of a five-year university course that is based on a model of basic sciences integrated with clinical sciences, Osteopathic medicine and research studies. We have both male and female practitioners.

