

FAQ Osteopathy



What is an Osteopath?

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

What does an Osteopath do?

Osteopathy involves a combination of hands on techniques including soft tissue massage, muscle mobilisation, stretching, and joint manipulation. These are designed to treat injury, relieve pain, improve mobility and strength, and increase performance. In addition, an Osteopath may give ergonomic and postural advice or prescribe and monitor a rehabilitation exercise program as a means of enhancing recovery or preventing re-injury. To make your treatment as effective as possible, keeping in mind that not all patients respond to manual therapies in the same way, your Osteopath will use a variety of different techniques to ensure they find one that's best for you.

What are the benefits of Osteopathic Treatment?

Osteopaths have advanced skills in the assessment, diagnosis, management, and prevention of problems affecting the muscular, skeletal, and nervous systems. These are the most common sources of injury and pain in which treatment can help speed up the natural healing process and aid in a more efficient recovery.

Osteopathic techniques are most frequently utilised to help spinal conditions such as neck and back pain, headaches and sciatica. What is less well known is that Osteopaths can be just as effective in treating other injuries such as sporting injuries (e.g. joint sprains and muscle strains) and other joint problems such as arthritic pain.

How effective is Osteopathic treatment?

Government and medical studies over recent years have consistently shown manual therapy to be very successful. The combination of less expensive treatment and fewer medications have resulted in higher patient satisfaction than the conventional medical care for back, neck and other musculoskeletal pain.

Who are your practitioners?

The Osteopaths at Camberwell Sports & Spinal Medicine are fully qualified and registered with AHPRA (Australian Health Practitioner Regulation Agency) as well as being full members of Osteopathy Australia (OA). Osteopathic education in Australia consists of a five-year university course based on a model of basic sciences integrated with clinical sciences, Osteopathic medicine, and research studies.

How many treatments will I need?

After treatment you should have less pain and feel more mobile, flexible and comfortable in your movements. Relief can be dramatic and long lasting. Generally, your Osteopath will expect

to see positive results within 2-4 treatments for common symptoms. However, it must be emphasised that each individual is unique and it may take several visits before your symptoms settle and to establish an appropriate management plan.

Do I need a referral from a GP?

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

What should you expect on your first visit?

Your initial consultation will take around 40-50 minutes, during which your Osteopath will:

- Take a thorough history to gain an understanding of your injury and circumstances that could have led to your condition.
 - Examine your body and identify the type, source and cause of symptoms.
 - Diagnose your condition and discuss this with you.
 - Provide treatment using techniques appropriate for your condition.
 - Devise a treatment plan and involve you in these treatment and rehabilitation choices.
 - Educate you about your condition.
 - Discuss the proposed treatment plan which may involve further treatment.
- Subsequent sessions generally last 20-30 minutes.

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 make sure to check the details of your policy.

Is Osteopathic treatment covered by Medicare?

If your condition meets certain requirements and you have a valid referral from your Doctor, Medicare may offer limited rebates for Osteopathic treatment. In the instance that you suffer from a chronic condition, your GP can refer you to an Allied Health Professional, such as an Osteopath, for up to five sessions each calendar year. Not all conditions qualify for this program and there will still be an out of pocket expenses for these services. For more information talk to your Doctor and ask them about your eligibility for a Chronic Disease Management (CDM) plan prior to making an appointment with CSSM.



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Open 7 Days

Monday to Thursday 7 am - 8:30 pm
Friday 7am - 6 pm
Saturday 8 am - 4 pm
Sunday 9am - 5 pm