

Our Services

Osteopathy

What is Osteopathy?

If you've ever experienced pain with no clear cause, or physical discomfort that just won't go away, osteopathy could be an effective treatment to help you find relief.

Manual osteopathy is a patient-centred approach to care that focuses on the whole person. Its aim is to restore structural balance to the body's nervous, circulatory, and lymphatic systems, improving its natural ability to self-regulate and self-heal.

What Can It Treat?

Manual Osteopathy is often used to treat disorders that affect the nerves, muscles and skeleton such as back pain, neck pain, sciatica, sports injuries, tennis elbow, postural strain and arthritis, through gentle manipulation and massage of the bones, joints, and muscles. It can also be used to treat conditions as diverse as fibromyalgia, irregular sleep cycles, digestive issues, concussions, TMJ (jaw pain) and complex or compounded issues.

How Does It Work?

Manual Osteopathy takes a personalized approach and follows the body's lead. During their first appointment, clients typically work through a comprehensive intake with their Osteopathic Manual Practitioner (OMP) that covers previous injuries, surgeries or traumas, medical history, lifestyle factors and current life circumstances. The OMP then uses a specialized diagnostic skill called palpation to detect problems in tissues or body systems. Palpation is a gentle but intentional touch that senses various factors including moisture, texture, temperature and motion. The OMP looks for physical blockages or misalignment of bones, organs or tissues that may impede the flow of the body's fluids. They also take into account non-physical factors such as lifestyle, stress or trauma that may affect the body's functioning.

Manual Osteopathic treatment is focused on helping the body regain balance and its ability to circulate its fluids unimpeded. It uses non-invasive, hands-on techniques including stretching, muscle conditioning, lymphatic drainage, and education around diet, exercise and lifestyle to restore the body to optimal functioning.

Who Can Benefit?

Manual Osteopathy is natural, gentle and non-invasive, and therefore can benefit people of all ages, including the elderly, athletes, women who are post-pregnancy, and those with repetitive stress or workplace injuries.

Meet Emily

ProActive's Osteopathic Manual Practitioner, Emily Southby, is a graduate of the National Academy of Osteopathy. Read about how osteopathy helped Emily recover from a traumatic brain injury and inspired a new career path [here](#).

Do you think you could benefit from Manual Osteopathic treatment? Emily is currently accepting new clients, and has appointments available on Tuesdays and Thursdays at the ProActive Rehab clinic. To book an appointment [click here](#), or call us at [705-788-1480](tel:705-788-1480) to discuss treatment options and book a consultation.