

Osteopathy

The freedom to move



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Now open in the
Okanagan Lake Shopping Centre
628 - 525 Hwy 97 S., West Kelowna
778.755.6688
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What do osteopathic practitioners treat?

Osteopathic practitioners treat a wide range of conditions and problems for people of all ages, including:

- Back pain • Sciatica • Pelvic imbalances • Neck pain
- Whiplash • Headaches
- Hip, knee, ankle & foot pain
- Shoulder, elbow, wrist pain
- Sinus issues • Sports injuries
- Joint and muscle pain, sprains & strains • Osteoarthritis
- Digestive, respiratory, menstrual problems • Postural issues
- Pregnancy & post-partum related pain • Babies & children

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What is Osteopathy?

Osteopathy is a form of manual therapy which facilitates healing by focusing on how the whole body functions as a unit, including the bones, joints, muscles, nerves, circulation, connective tissue and internal organs.

Osteopathic techniques are effective in treating both acute and chronic pain conditions and improving mobility, health and general well-being.

Diagnosing the Cause of Pain

Osteopathic practitioners seek the cause of pain and dysfunction by taking a comprehensive case history and physical assessment to look at the interaction of multiple systems in the body (digestive, neurological, cardiorespiratory, and musculoskeletal).

Osteopathic practitioners are trained in anatomy, physiology, pathology, and a wide range of hands-on techniques to provide a multi-system approach, which enables the primary cause(s) of dysfunction to be determined.

Osteopathic Treatments

Treatment utilizes both direct and indirect manual techniques such as soft tissue mobilization (stretching, massage, trigger point), myofascial release, muscle energy, positional release, joint mobilization, visceral release, and cranial osteopathy.

Techniques aim to address the cause of dysfunction and facilitate the body to integrate changes. A patient-centered approach is taken that emphasises collaboration between patient and practitioner; treatment plans are discussed then



individualized, and may include exercises, stretches, postural correction and other advice.

Contact Us for More

If you would like to know more about osteopathy and how it can benefit you please email Elaine at elainesauveosteopathy@gmail.com, she would be happy to answer your questions!