

What is an Osteopath/ Osteopathic Physician?

Osteopath:

An osteopath is a person who has achieved the nationally recognised academic and professional standards within her or his country to independently practise the diagnosis and therapy of osteopathy. Osteopaths work in primary contact focused on musculoskeletal disorders.

Osteopathic Physician:

An osteopathic physician is a person with the full scope of medical practise rights (including prescriptive rights, surgery, obstetrics and gynecology, and obtain staff privileges at hospitals) who has achieved the nationally recognised academic and professional standards within his or her country to practise the diagnosis and treatment of osteopathic medicine. An osteopathic physician diagnoses and treat patients based both on his or her medical education specialisation as well as his or her osteopathic training.

How to find my Osteopath/Osteopathic Physician?

For patient safety and successful treatment outcome it is important to find an appropriately qualified and accredited osteopath or osteopathic physician.

As a patient you should look for the national standards in your country and seek the treatment of a person with an accredited degree or qualification in osteopathy. National osteopathic organisations' websites can be helpful.

www.OIAlliance.org

What is the OIA?

The OIA (Osteopathic International Alliance) is the primary international organisation entrusted by the osteopathic profession to work for global osteopathic unity and to advocate for high quality osteopathic health care.

Mission:

The purpose of the Osteopathic International Alliance is to advance the philosophy and practise of osteopathic medicine and osteopathy throughout the world.

OIA members:

Currently approximately 75,000 osteopaths and osteopathic physicians are represented by the OIA. They come from 5 continents and more than 20 different countries worldwide.



Osteopathic International Alliance

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What is Osteopathy and Osteopathic Medicine and how can it help you?



Live up to the great cause of Osteopathy, and let no one fall by the wayside...Let your light so shine before men that the world will know you are an Osteopath pure and simple, and that no prouder title can follow a human name.

-A.T. Still, MD, DO



What is Osteopathy/ Osteopathic Medicine?

Osteopathy/Osteopathic Medicine is a patient centered holistic approach to health care that recognises the importance of the relationship between the structure of the body and the way it functions. Osteopathic physicians and osteopaths use palpation and manual techniques to influence muscles, joints, nerves, connective tissue, circulation and internal organs to support the body's ability of restoring and maintaining health.

Osteopathy/Osteopathic Medicine is complementary to general practise medicine in the context of integrated patient care which is focused upon both evidence-informed and patient centered approaches.

Manual palpation and osteopathic manipulative treatment (OMT) are used in conjunction with biomechanical, orthopaedic and neurological clinical assessment.

Why go to an Osteopath/ Osteopathic Physician?

Musculoskeletal problems are the focus of osteopathy/osteopathic medicine. Patients seek treatment for a wide variety of conditions, including back pain, headache, repetitive strain injury, changes to posture in pregnancy, postural problems, arthrosis, arthritis and sports injuries. Osteopathy/osteopathic medicine give a unique approach to all kinds of functional disorders.

Some patients seek treatment for chronic functional disorders in different body systems, the musculoskeletal, the visceral and the nervous system. Osteopathy/osteopathic medicine has a distinctive and proven approach to many functional disorders.



What do Osteopathic Physicians and Osteopaths Treat?

Conditions commonly treated by osteopathy include:

- Back pain
- Neck pain / Headache
- Shoulder pain
- Occupational strain / Postural strain
- Sports Injuries
- Post-trauma / Post-operative rehabilitation
- Muscular / Joint aches, pains and stiffness

Osteopathy can also assist with the treatment of:

- Chest pain and restriction associated with breathing disorders e.g.: Asthma, respiratory tract infections
- Back pain associated with pregnancy
- Otitis media
- Menstrual problems
- Digestive disorders

Treatment is often done by an osteopath or osteopathic physician or in conjunction with a medical practitioner, dentist, podiatrist, natural therapist, or other health professional with the aim of freeing structural anomalies that contribute to metabolic disorders.

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