

MEDIA RELEASE



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OSTEOPATHY AWARENESS WEEK: APRIL 6-12, 2008 'Say hello to an Osteopath'

The Australian Osteopathic Association (AOA) will hold its annual Osteopathy Awareness Week during April 6 - 12, 2008. This year's theme, 'Say hello to an Osteopath', focuses on raising awareness of osteopathy and the health services osteopaths offer.

Osteopaths complete 5 years of university study; are government registered, allied health professionals; collectively treat over 25 000 people a week and osteopathy has been practiced in Australia for over 100 years.

Osteopathy is a form of drug-free, manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework. It positively affects the body's nervous, circulatory and lymphatic systems.

"Osteopaths are university qualified, registered health care professionals that provide a unique holistic approach to the treatment of musculoskeletal pain. We do not simply concentrate on the problem area but rather take a whole body approach to determine the cause of the problem, which will prevent or manage it more effectively" explains Mr. Scott Baxter, Federal President of the AOA.

"We do this by using a range of manual techniques that restore function to restricted areas of the bodies frame work, thus influencing the region of pain and the other systems in the body" continued Mr Baxter.

Osteopathy is safe for all age groups and Osteopaths not only treat a specific reported problem but may also provide advice on diet, exercise, stress reduction, posture and breathing. Osteopaths encourage individuals to proactively prevent injuries and ailments, which in the long term lead to better overall health and less time and money spent on treatment.

Osteopaths deal regularly with patients who have been injured in the workplace, at home or while playing sport. Such patients may present with complaints of lower back pain, headaches, muscle strain or joint stiffness.

Osteopathy can be utilised as a primary form of health care, in addition to the care provided by a General Practitioner and other health professionals. Osteopathy is acknowledged by health funds, Medicare Plus and attracts a rebate with a GP referral for chronic pain.

There are over 1200 Osteopaths practicing in Australia.

You can find the one nearest to you by visiting www.osteopathic.com.au or calling the AOA on 1-800-4-OSTEO (1 800 467 836).

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