



## Media Release

### OSTEOPATHY AWARENESS WEEK – APRIL 3 - 9, 2006 LIVE EASIER WITH ARTHRITIS: PREVENT INJURIES

**February 20, 2006:** 3.1 million Australians suffer almost constant pain from arthritis, according to the Arthritis Foundation of Australia. The Australian Osteopathic Association (AOA) is holding its annual Osteopathy Awareness Week April 3 - 9, 2006. This year's theme, '**prevention is better than cure**', focuses on how osteopaths can also assist people of all ages to prevent injuries that occur very easily in daily life, especially around the home.

Arthritis Awareness Week runs in this same week, so it is a perfect opportunity for the 3.1 million Australians living with arthritis to visit an osteopath and discover how they can manage arthritis and prevent further injuries relating to arthritis. Refer to [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au) for more information.

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.

*"Osteopathy is a unique holistic approach to health care. We do not simply concentrate on treating the problem area, but use manual techniques to balance all the systems of the body,"* explains Mr. Peter Parker, Federal President of the AOA.

Osteopaths deal regularly with patients who have been injured while carrying out simple activities around the home. Such patients may present with complaints of lower back pain, muscle strain, wrist stiffness or joint soreness.

Osteopaths know how easily some of these injuries can be prevented. **Preventing injuries means more time enjoying the benefits of general good health.** It is vitally important for all Australians to be aware of how injuries can occur and what you can do to avoid them.

Osteopathic treatments can help sufferers of arthritis to avoid injuring themselves while carrying out simple activities, such as lifting, reaching and bending over. Treatments may include gentle soft tissue techniques to increase blood flow to the joints as well as posture and structure alignment of joints to minimise wear and tear.

Osteopathic treatment for arthritis doesn't aim to replace medication prescribed by a GP; rather, Osteopaths work in conjunction with GPs to ease the effects of arthritis on the body.

*"With our lives becoming increasingly busy, yet sedentary, osteopathy offers a prevention plan that is quick and easy, which is a good way for individuals to maintain their health,"* says AOA Federal President Parker.

Osteopathy is safe for all age groups and Osteopaths not only treat a specific reported problem but 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 leads to better overall health and less time and money spent on treatment.

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

There are over 1000 Osteopaths practicing in Australia. You can find the one nearest to you by visiting [www.osteopathic.com.au](http://www.osteopathic.com.au) or calling the AOA on 1-800-4-OSTEO (1 800 467 836).

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