



Media Release

OSTEOPATHY AWARENESS WEEK – APRIL 3 - 9, 2006 PREVENT INJURIES: GIVE YOUR BODY A SPORTING CHANCE

February 20, 2006: Sports injuries cost Australians \$1.8 billion annually, according to a Medibank Private report. 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 during exercise.

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 playing sport. They are highly trained in prevention of injuries, treatment of injuries and post-surgery rehabilitation.

Osteopaths know how easily some of these injuries can be prevented. **Preventing injuries means less time off work and therefore more time exercising and 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.

Before and after exercise, Osteopaths recommend performing warm up and cool down stretches, to avoid muscle strain. This is especially important coming into the colder weather, because the risk of injury becomes greater.

Osteopathic treatment positively influences the body's circulatory and nervous systems, and also improves elasticity and mobility, meaning that people are less likely to sustain injury during exercise.

"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 or calling the AOA on 1-800-4-OSTEO (1 800 467 836).

Ends

Released by the Australian Osteopathic Association

FFI: Please contact Tara Donnelly, Communications Officer. Tel 1 800 467 836

communications@osteopathic.com.au

www.osteopathic.com.au