

What does cranial treatment feel like?

Patients may feel sensations of pressure or warmth, either under the Osteopaths hands or elsewhere. Most patients feel that gradually the tension is being drawn out of their body and they become deeply relaxed.



What can Osteopaths treat?

Osteopaths treat the whole person not just the condition. Using the principles of osteopathy, a very wide variety of conditions can be helped, including:

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|------------------------------|--------------------------------|
| Pregnancy and birth problems | Back, neck and joint pain |
| Unsettled babies/reflux | Headaches and migraines |
| Breast feeding issues | Digestive disorders |
| Sleep difficulties | Period pain and irregularity |
| Ear infections | Recurrent infection/sinusitis |
| Childhood problems | Asthma and chest complaints |
| Learning difficulties/ADHD | Stress, depression and fatigue |
| Co-ordination difficulties | General ill health |
| Constipation/bedwetting | |

For more information or appointments contact:

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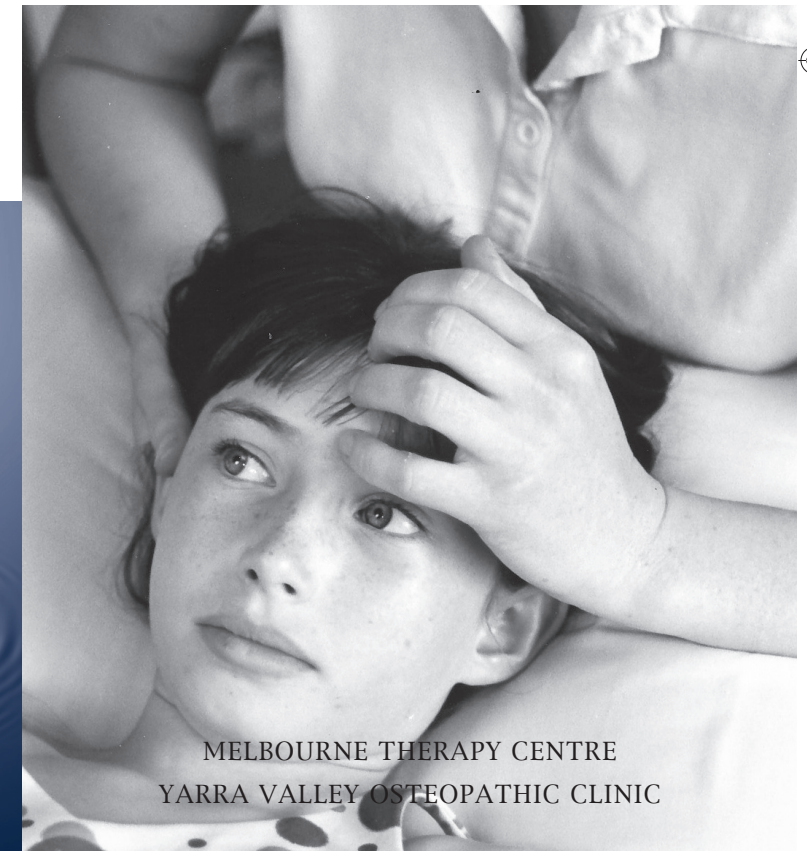
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Cranial Osteopathy



MELBOURNE THERAPY CENTRE
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About Osteopathy

Osteopathy is a science of human physiology and mechanics, employing a system of diagnosis and treatment of the person as a whole. The osteopath is most concerned with free motion and alignment of the body framework and its relationship to organ function, circulation, and the nervous system.

What is Cranial Osteopathy?

Cranial Osteopathy is a refined and subtle type of osteopathic treatment. Specific gentle pressure is applied where necessary, to enable the inherent healing ability of the body to effect the release of stresses. It is extremely effective in treating a wide range of conditions in people of all ages, from birth to old age.

Why is Cranial Osteopathy different?

In their 5 year training, Osteopaths are taught a variety of treatment methods and techniques, ranging from the well known *'high velocity thrust'* with its dramatic clicks, to the very gentle applied methods used by *'cranial osteopaths'*.

Osteopaths vary their treatment methods depending on their own preference and individual patients' problems. Osteopaths may have different specialities including sports injuries, paediatrics and visceral (treating the internal organs of the body). Cranial Osteopathy embraces all of these.

'Involuntary Motion' in the body

Cranial Osteopaths are trained to feel a very subtle, rhythmical shape change that is present in all body tissues. This is called involuntary motion.

The skull is made up of 26 bones which are intricately joined in such a way that during the rhythmical cycle of involuntary motion, the skull can actually change shape very slightly to accommodate the normal involuntary motion of the brain inside ¹.

Impact to the head can disrupt this movement. This can cause a wide variety of problems both in the head and elsewhere in the body.

Using this involuntary motion in the tissues, cranial osteopaths can feel whether a person's body is operating in an optimum state of health, or whether there is something preventing healthy movement of the tissues from occurring.

Health

Health is not simply the absence of disease or pain. It is a state of balance and harmony between the body and mind of a person. The majority of people are not in full health, but are carrying an accumulation of the effects of different traumatic events that have happened to them during their life. The body may have been able to absorb the effects of an accident at the time, but a lasting strain often remains. Illnesses and emotional trauma can also leave a lasting physical effect.

Gradually the body may find it more and more difficult to cope with accumulated stresses, and symptoms may start to show.

Biodynamic Osteopathy

Biodynamic Osteopathy is an expansion of the cranial concept. Biodynamics is a specific approach to Osteopathic principles and the patient. Developed by world renowned Osteopath, Dr Jealous, D.O., it places particular emphasis on the spirit, health, and intelligence that is experienced when the patient is understood and perceived as a whole and indivisible from their environment.

Through disciplined study the Osteopath is able to sense and cooperate with the intention of these healing forces to promote health in the patient. It is an approach that is respectful of the process of healing already present in the patient.

What does treatment involve?

After taking a detailed medical history and performing a careful physical examination, the Osteopath will make a diagnosis of what is causing the patient's symptoms, and correlate this with their history to explain how and why their problem arose.

Cranial Osteopathy aims to relieve the current symptoms and to improve the underlying health of the tissues to prevent recurrence. Patients often report an improvement in general well being, energy levels, sleep patterns and an improvement of symptoms other than their initial complaints.

1. Myer R. Measurement of small rhythmic motions around the human cranium in vivo. AJO 1998 (2):6-13