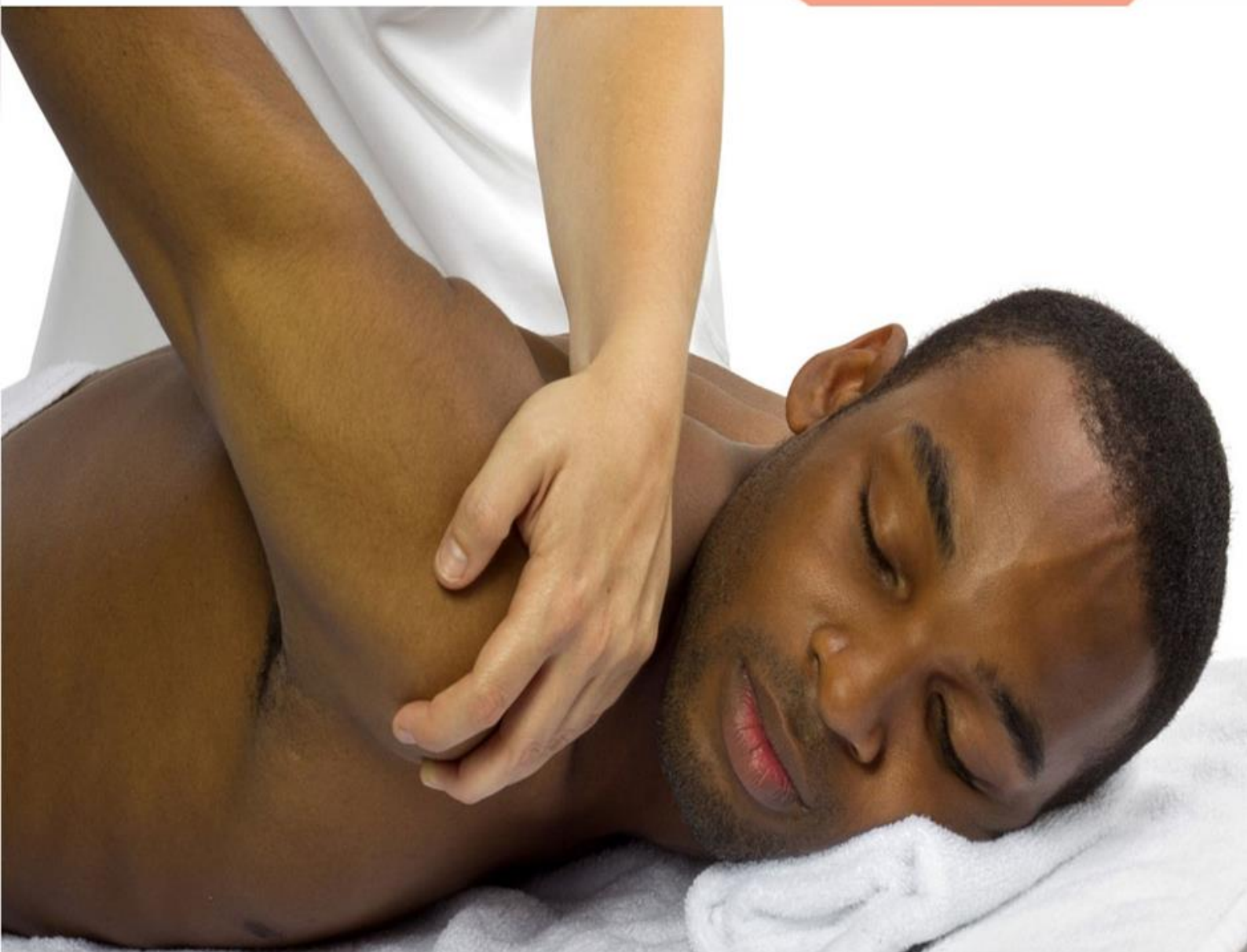


Introductory Guide To Osteopathy

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Osteopathy

Introduction to osteopathy

Osteopathy is a natural healing therapy which focuses on a drug-free, non-invasive manual therapy, that emphasizes physical manipulation of the body's muscles, tissues, and bones, with the aim of improving health across all body systems through the manipulation and strengthening of the musculoskeletal framework.

Dr. Taylor, the inventor of osteopathy, believes that illnesses result when the bones and joints are no longer working smoothly or functioning in harmony.

The aim of osteopathy is to treat problems that are mechanical in nature by combining both manipulation and massage, to remove stress from muscles, joints, and spine, and to make muscles and joints work more smoothly.

Brief history of osteopathy

Osteopathy derives its name from the ancient Greek words osteon, meaning bone and pathos, meaning suffering.

Dr. Andrew Taylor Still began the therapy of osteopathy in 1892. Dr. Still sort an alternative to traditional medicine of his day, as he believed they were harmful and ineffective.

Dr. Still, after experiencing the loss of his wife and three daughters to meningitis and noting how current orthodox medical systems could not save them, set out to reform the orthodox medical scene and establish a practice that did not so readily resort to drugs, and hash invasive therapies but instead treated a person suffering as a unit in which structure, i.e., mind, body, and spirit function together.

Dr. Still empathized compassionate care and treatment of a person as a whole unit, not as a collection of symptoms or unrelated parts.

Dr. Andrew Taylor Still



The thinking behind osteopathy

Dr. Still believed it was safer to encourage the body to heal itself rather than use drugs.

He regarded the body from an engineer's point of view. The body's frame consists of skeleton, muscles, joints, and ligaments. All movement or activities such as running, walking, speaking, hearing, or seeing depend on the proper functioning of all part of the body's frame.

This view led Dr. Still to believe that ailments and disorders had their origins in the muscular skeletal frame and the human illnesses occurred when the bones were no longer functioning in harmony.

He therefore theorized that manipulation would solve the problems by harnessing the body's own self-repairing potential.

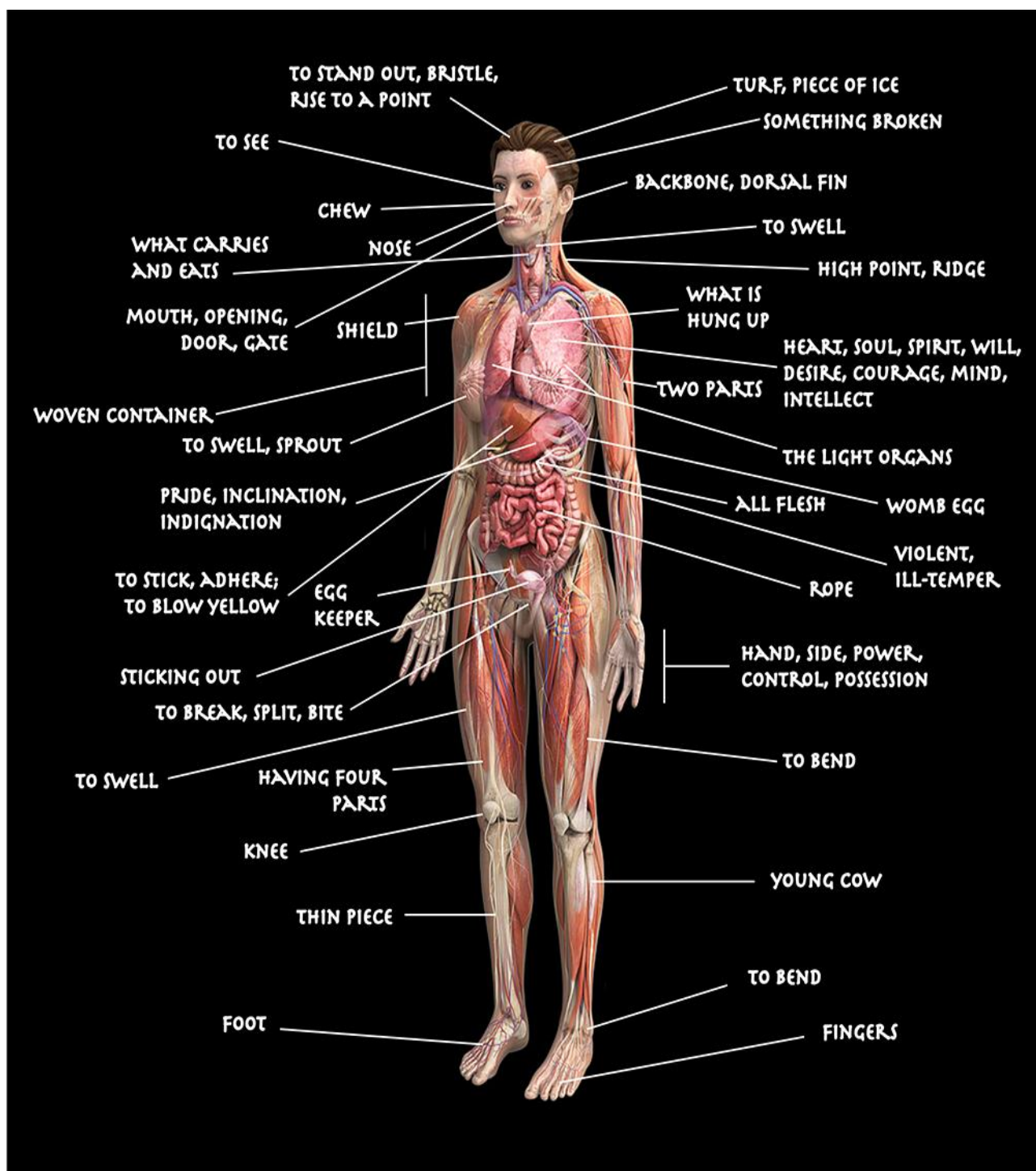
A common thread in many natural healing therapies, is the body's ability to selfheal. This is based on the premise that all parts are interrelated and that there is an innate unidentifiable energy existing in the body. This had led to many of those therapies focusing on the manipulation of different aspects of the body, such as the spine, the bones, the joints, and tissues, all with the same intention of restoring the body to full health by simulating the flow of this energy.

Using osteopathy, the body's self-healing mechanism can assume its role in restoring a person to full health.

The three principles which govern the application of many natural healing therapies.

1. The human being is an integrated unit made of mind, body, and spirit.
2. The body possesses self-regulatory mechanisms, meaning the body has the inherent capacity to defend, repair, and remodel itself.
3. Structure and function are reciprocally interrelated.

The body's structure and function



How to perform an osteopathy treatment

An osteopathy treatment should be conducted by a trained and experience osteopaths with at least 200 hours of supervised training.

The room where the osteopathy treatment is conducted should be warm, comfortable by and well lit.

An osteopathy treatment may last between 30 minutes to 1 hour.

During the initial consultation, the history of the problem is obtained. The osteopath will ask the client questions such as:

1. When did the problem first occur?
2. How did the problem occur?
3. What aggravates the problem?
4. What alleviates the problem?

The osteopath will instruct the client to sit, stand, or lie down. The manner in which the body bends to the side and back and forth will also be observed.

The osteopath will observe the extent and ability of the joint function while also feeling the muscles, tissues, and ligaments to detect the presence of tension.

In some cases the osteopath will check the body's reflexes, such as the knee jerk reflexes.

The osteopath will then begin the manipulation of the joint, tissues ligaments and bones of the to lessen tenseness and restore the overall working capacity of the joint and body's overall health.

Problems which have been in the body for a longer period may take longer to cure.

The benefits of osteopathy

Osteopathy helps in the treatment of musculoskeletal issues, back pain, and other pain related issues.

Osteopathy helps with fracture, joint dislocation, joint instability, severe muscle spasm and strains.

Osteopathy alleviates the symptoms of osteoporosis.

Osteopathy helps with healing from severe whiplash injury and recover from recent surgery.

The limitations of osteopathy

Osteopathy cannot be tested or proven to produce empirical data.

The results of osteopathy treatments are subjective to each client and depend more on the client's state of mind than anything else.

The principles upon which osteopathy is based are not held to be empirical laws and as such they serve rather as the underpinning of the osteopathic approach to health and disease.

As with many non-evasive and nonchemical treatment, osteopathy is viewed with scepticism and considered pseudo-science with no real empirical evidence to substantiate its effectiveness in curing illness and healing the physical body.

Compared to traditional medicine which deals with the symptoms of illness and disease, osteopathy, as do other natural healing therapies, deals with the actual problem, however it still does not deal with cause of the problem which the thought pattern of the individual.

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Much love and gratitude from me.

Joyce



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