



# Osteopathy

At Empower our Osteopaths use their expert understanding of the body to help trigger healing for your clients

**Our Osteopaths perform an integrated assessment of each client at home. They utilise observation and hands-on assessment to determine the causes of movement restriction, pain, and dysfunction.**

They develop treatment plans in collaboration with your clients and set personalised goals for care and recovery.



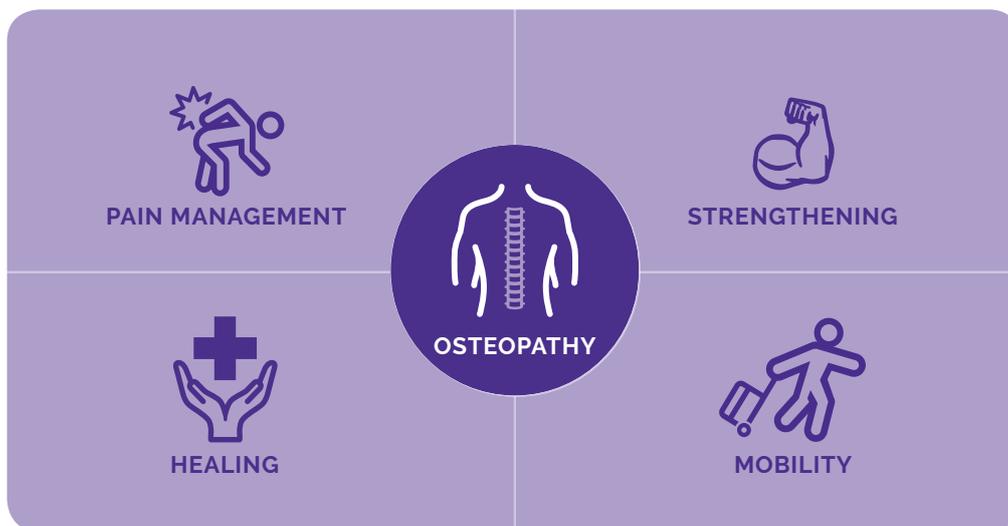
Empower supports your clients with a range of Home Osteopathy services including:

- Strength and mobility conditioning
- Habitual and lifestyle changes to achieve functional goals
- Chronic pain management including for osteoarthritis, sciatica, low back pain
- Gentle or deep soft tissue techniques and joint mobilisations
- Falls prevention and balance training
- Acute and chronic pain management
- Collaborative care with other Allied Health Professionals for chronic diseases.

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# Expert understanding helps trigger healing for your clients

By applying a combination of manual and mobilisation therapies, supplemented by focussed exercise therapies, Osteopaths can address areas of pain, weakness, restriction, or strain in the body.



## Osteopath or Physiotherapist

Osteopaths differ from Physiotherapists. Osteopaths view the body as a whole whilst Physiotherapists are generally area specific.

**Osteopathy** is defined as  
*'the treatment of some diseases and physical problems by pressing and moving the bones and muscles'*

Oxford Dictionary

**Physiotherapy** is defined as  
*'the treatment of disease, injury or weakness in the joints or muscles by exercises, massage and the use of light and heat.'*

Oxford Dictionary

**Discuss your Osteopathy needs today on 1300 043 578**  
**Start now with our quick and easy online referral form**

[empowerhealthcare.com.au/referral-form/](http://empowerhealthcare.com.au/referral-form/)

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