



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.



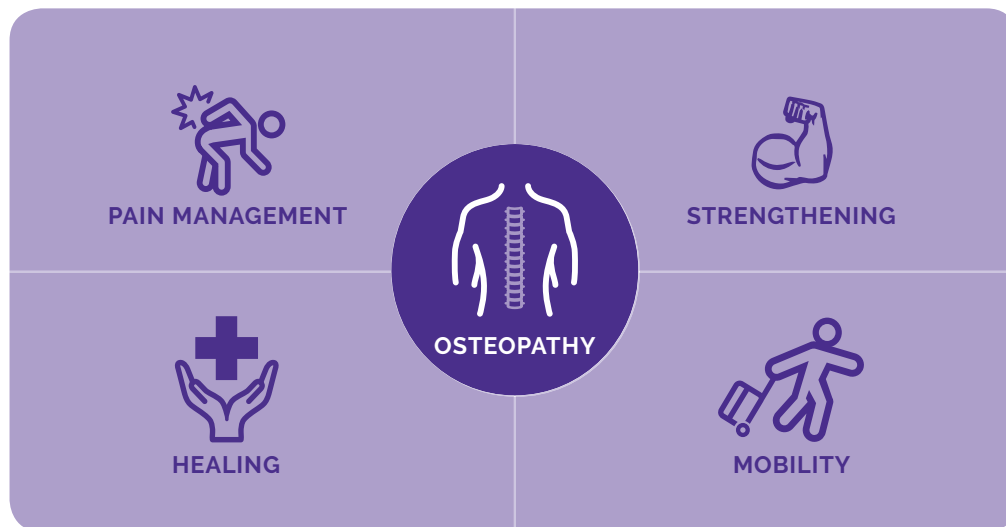
Empower supports your clients with a range of Home Osteopathy services including:

- **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.**

Start now with our easy online referral form
empowerhealthcare.com.au/referral-form/

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

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