

WHAT TO EXPECT IN YOUR INITIAL OSTEOPATHIC APPOINTMENT

DURING YOUR FIRST VISIT

Be sure to wear comfortable clothing you can easily move in. Your first visit begins with an interview followed by a full body assessment to determine range of motion, gait, trigger points etc. From this, the practitioner is able to understand which treatment would be best for the affected body part to restore the body to its optimum state.

This restoration of circulation supports the body's natural ability to regulate and heal itself and once again function in perfect harmony.

SOME CONDITIONS THAT BENEFIT FROM MANUAL OSTEOPATHY

- Back and Neck Pain
- Joint Pain
- Headaches and Migraines
- Arthritic Pain
- Sciatica
- Temporal Mandibular Joint (TMJ)
- Muscle Strain
- Athletic Pain