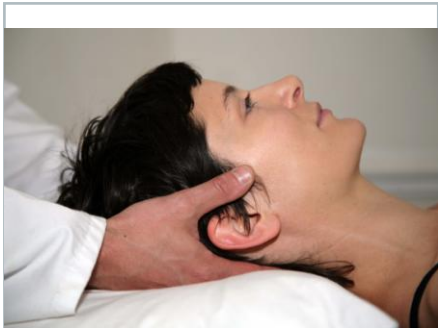
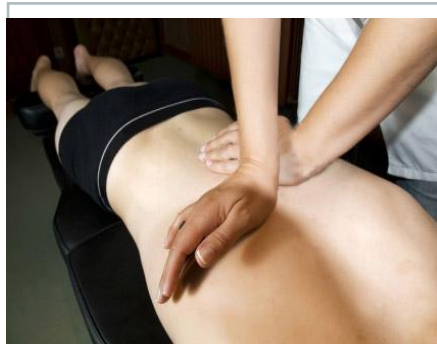




Osteopathy

What is Osteopathy & how it can help you?

Manual Osteopathy is a drug-free non-invasive manual practice that uses various techniques to reduce pain and restore physiology of body systems. The aim of osteopathy is to facilitate overall good health and well-being.



Will you benefit from Osteopathy?

If you suffer from:

Neck pain, headache & TMJ
 Lower & upper back pain
 Pelvic pain
 Arthritis
 Joint problems
 Plantar fasciitis
 Sport injuries, sprain & strain
 Tennis elbow, Golfer elbow
 Carpal Tunnel Syndrome
 Asthma and chest complaints
 Digestive & visceral disorders
 Stress, depression and fatigue
 Disc injuries
 Whiplash
 Dysmenorrhea, period pain



Did you know?



Most of the professional athletes in Olympic games have an Osteopath by their side.

Arjen Robben

Member of Netherlands National Football Team & one of the top 10 soccer players of the world:
 "I am in excellent physical shape after my injury, thanks to my *Osteopath*."

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On Nov 11, 2014, Canada Post published World Osteopathy Day stamps, designed by Dr Shahin Pourgol

Osteopathy; Health for the whole body

Osteopathy is a safe and effective approach to health care, to restore optimal health. It understands the relationship between the structure and function within the body and that all aspects of the body must work together to maintain health.

In practice an osteopathic practitioner will assess the whole body as a unit and not just the area that is causing symptoms. For example, if you have neck pain, the *Osteopathic* practitioner will assess the function of the neck and also look for any compensations within the body that are a result or a cause of any dysfunction in your neck.

Once the *Osteopath* has assessed the whole body s/he will use a combination of techniques such as joint articulation, myofascial release,

visceral and cranial, as appropriate for each individual.

Osteopathy can be used from moment of birth till end of life.

Are Osteopathic techniques painful?

Applying techniques properly will not cause any pain. If your tissues are inflamed due to injury, may cause some soreness.



Which parts of the body are affected by Osteopathy?

All joints, muscles, tendons, ligaments, nervous system and visceral organs can benefit from *Osteopathic treatments*

Does Osteopathy conflict with other treatments?

Osteopathy does not conflict with other treatments, but when combined with other modalities, it actually improves treatment effects

Is Osteopathy the best treatment?

It is not the best, but it is one of the safest non-invasive treatment methods of joint and visceral problems. It has the same contraindications of other rehabilitation techniques.



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