



## **What is osteopathic treatment and how to choose the best osteopathic approach?**

Osteopathic treatment considers your whole body and how each part of it works with the others. It consists of a variety of manipulative techniques which may include muscular techniques, rhythmic joints movements or spinal manipulative techniques as well as gentle releasing techniques.

There are different approaches to osteopathy, the main ones are: structural osteopathy, cranial osteopathy, paediatric osteopathy and visceral osteopathy. You can be attracted by one approach more than the others but you are always welcome to discuss it with your osteopath. In most cases it is a discussion you will have with your osteopath while creating your treatment plan. It is possible for your osteopath to use only one approach as well as using a combination of them and your osteopath will explain to you what they think suits your needs best.

## **Why can I trust my osteopath?**

Osteopathy is a profession with a legally protected name. Each osteopath has to be registered by a regulating body the General Osteopathic Council (GOsC). In order to be registered each osteopath has to meet strict requirements including continuous professional development. Registration is renewed each year if the requirements are fulfilled.