

FAQ's

What is an Osteopath?

An Osteopath employs a holistic methodology to address injuries. This approach considers the body as a unit, incorporating lifestyle and behavioural factors alongside physical symptoms. Utilising a blend of hands-on techniques and education, Osteopathy aims for optimal health outcomes.

Osteopaths proficiently employ diverse modalities such as soft tissue massage, joint manipulation, articulation, and dry needling. In conjunction with hands-on treatments, comprehensive guidance on exercise rehabilitation and ergonomics is provided, ensuring a thorough and effective approach to wellness.

Can I use my private health?

Yes you can! Depending on your level of coverage, it will depend on your rebate.

What to expect during treatment

During your treatment we will go through a thorough history, asking all the necessary questions to help figure out the underlying cause of your problem. A hands-on assessment is then performed as well as education around treatment.

FAQs

What is a Physiotherapist?

A physiotherapist is an allied health professional that specialises in human anatomy, movement, injury, and rehabilitation. Physiotherapists address a spectrum of conditions, including musculoskeletal injuries, and manage chronic issues such as diabetes, obesity, cardiorespiratory and cardiovascular diseases, as well as neurological conditions like stroke and Parkinson's disease.

Can I use my private health?

Yes you can! Depending on your level of coverage, it will depend on your rebate.

What to expect during treatment:

Physiotherapy consultations encompass a thorough physical assessment to pinpoint underlying weaknesses or movement dysfunctions contributing to pain or recurrent injuries. Treatment involves a blend of hands-on therapy and a personalised rehabilitation or

strengthening program. Furthermore, practical education and advice on lifestyle adjustments are provided to facilitate the achievement of your health goals.