

What is Osteopathy? – ntpagesTV”

Script of Youtube interview, from website : TED.com

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Here is the direct link: <http://ed.ted.com/videos/?search=osteopathy&video=nFQyPvZv3UI>

Interview script:

Interviewer: I'm here at an Osteopathic Clinic in Sydney to find out all about osteopathy and how it can help people. I've got an appointment with Rachel and she's going to fill me in.

Osteopath: Hi, I'm Rachel, come on through.

Interviewer: Thanks for seeing me today, Rachel. Tell me what is Osteopathy?

Osteopathy is a form of manual medicine which recognises the important link between the structure of the body and the way it functions. We look at your whole body when we treat you. We look at everything from the muscular system, the skeletal system, including the joints, the blood supply, the nerve supply, the connective tissues, as well as the internal organs and how all of those work as a holistic unit.

Interviewer: For what reasons do people come and see you?

Osteopath: We get a lot of injuries that people come and see us for. We most commonly see people for neck and back pain. We also see them for things like headache, mobility issues, things like pregnancy issues as well. We get a lot of women who come in with lower back pain, childhood development issues, things like earaches that children might have. We also see a lot of sports injuries. Also some internal problems - things like period pain and digestive issues.

Interviewer: So you see people of all ages.

Osteopath: Absolutely, we see a wide range of patients. We see babies, children, adolescents, adults, as well. 'Osteo' is quite a gentle form of treatment and we have quite a lot of techniques that we can **tailor to** all those different age groups, depending on their problem.

Interviewer: And what's involved in a consultation?

In a consultation we take a very thorough **case history** to start off with, so at your initial visit, we'll obviously sit down and find out about your **presenting problem** and the symptoms relating to that, as well as taking quite a detailed history - medical history as well as current history. We want to know what medications you're on. We'll even ask questions that may not seem like they're related to the problem. But it's just so we get a really good picture of your health. Next we'll move to an Osteopathic Examination. This might include things like blood pressure or other clinical tests. This may involve diagnostic, orthopaedic or neurological

testing - things like reflexes, muscle testing, and postural assessments, as well as a lot of range of motion, active and passive movements to determine and help diagnose your problem. Osteopathy is a manual therapy. So **'hands-on' treatment** may include massage, stretching, repetitive movement, mobilisation and/or manipulation.

Most osteopathic treatment is gently and should not cause **undue** discomfort. If your injuries do require 'hands-on' treatment of painful and tender areas, the osteopath will exercise care to make sure you're as comfortable as possible. As osteopathy is a holistic treatment, we like to look at the whole body and how it's working as a whole unit. So if you, for example, have a sore knee, we'd also like to look at your ankle, as well as your hip and your pelvis and lower back, and how all of those are functioning as a holistic unit.

Interviewer: How long does a session go for?

Osteopath: The initial consultation should take up to about an hour. This will give us enough time to take a thorough **case history**, examine and treat you. The **'follow-up' consultation** may take about 30 to 40 minutes, depending on the problem.

Interviewer: How many treatments does it take for somebody to see results?

It depends on the problem. You should notice some changes in your symptoms after one to two visits. More chronic and complex problems may take a lot more than that, and even more frequent treatments, it all depends on the problem.

Interviewer: What sort of training do you need to do to become an osteopath?

Osteopath: Osteopathy is a university degree. You do a 3-years' Bachelor of Applied Science, and then a 2-years' Masters, on top of that, so all in all it's a five-year course.

Interviewer: Well that all sounds great. Rachel, I've also had a sore shoulder for a couple of months. Would you be able to have a look at it for me?

Osteopath: Absolutely !

Interviewer: Right, let's go.....

Well, it's been great to come here today to find out all about osteopathy, and I got my shoulder looked at, and it's feeling so much better after just one consultation. So if you've some problems with your body and how it's functioning, I recommend you go and see your local osteopath.