

# Think Osteopathy

in London, Ontario, Canada.

<http://think-osteopathy.ca/youtube-videos/>



Andrew Taylor Still

**Roger:** Welcome back to 'Daytime' on Roger's TV. You can find us online at Roger's tv.com – (1) ....., as well as on Twitter. Just follow us at 'Daytime-London' . The thing I love about this show, and doing this show is I always have the opportunity to learn so many things. In fact (2) ..... to both do some learning right now. How much do you know about osteopathy ? Well, we're so fortunate to have Bradley Dundas, owner of "Think Osteopathy" with us right now. Bradley, thank you so much for being here.

**Bradley:** (3).....

**Roger:** Is that - kind of a standard within the population ? We perhaps have heard of osteopathy, but maybe we not entirely clear on what ... just what it is ?

**Bradley:** Well Osteopathy, (or Osteopathy - you can pronounce either way) was developed in the late 1800s by a frontier physician who had gone through the Civil War (4)....., uh and uh, just after that he lost his entire family just to bouts of (5) ....., and the medicine of the day was unable to help him. Now he had grown up with (6) ....., and (7) ....., and found that putting (8) ..... would often help his migraines, and he developed that through his life. Now, after ... his three children .....his three children died before his wife did. He was very frustrated by the fact that the medicine of the time was (9)....., and a lot of those soldiers coming out of the Civil War became addicted to morphine and alcohol. So he just ( \_\_\_\_ ?) all of that, and developed this manual technique of therapy that (10) ..... He actually declared it in 1872. He started his first school in 1892.

**Roger:** Wow !

**Bradley:** So it's (um...), I consider it (11) ..... of manual therapy.

**Roger:** Well, I think it's interesting too that you know that when you think back to a time when you know, there were soldiers that may have been addicted to ... to morphine, really a lot hasn't changed, because in this day and age, we do have a serious ..... I don't want to call it 'addiction', but a lot of us do. We turn to drugs, when there may in fact be an alternative way to deal with that problem.

**Bradley:** And "Doctor Still" turned away from drugs. So this is one of the proponents of osteopathy, is... it is a drug-free manual therapy.

**Roger:** So what kinds of things .... still today I'm guessing that things like migraines would be a perfect opportunity to take advantage of this treatment ?

**Bradley:** Well, it's very holistic, uh..., I tell people that (12) ....., and we don't use medical diagnosis – we use osteopathic structural diagnosis. So I would...what I tell people, 'cause I get this question all the time – "What is Osteopathy?", and it's .... I don't have a twenty second elevator speech on it, 'cause it's really very complicated. What I tell people is essentially – (13) ....., I move every joint and see what the range of motion is, and what the quality of motion is, and what "Still" thought ... he had a really mechanistic view of the body, and so if something was out of place, or it didn't move well ..... if you could make it move better, then you could take away impingement on nerves around the joints. You could improve

blood flow. uh, he believed very much that the body is self-healing, so (14)....., then it has a chance to heal.

**Roger:** It's interesting then, you probably see a lot of patients who come in and say - "Okay, I have this problem. Do you - kind of - have to educate as they come in to say ....' Alright, that may be a symptom of the problem – now we need to start and look at your whole body ?'

**Bradley,** Yes, very much so. And (15) .....

**Roger:** Really !

**Bradley,** Yes there's a scene on the internet right now - "I'm an osteopathic manual practitioner and I treat things you don't know you have, in ways you can't understand".

**Roger:** Wow, so ... how ... I mean, how does it start ? If someone is coming in to see you, how does that .... how does that all begin. Do we start with kind of a full body check-up ?

**Bradley:** Yes, it starts with a visual, um... just seeing (16) ....., where the hips sit .... I'll do land marking to find how the pelvis is, whether there's torsion in the pelvis or not. I'll do some movements, some static testing .... (17) ..... to see how the vertebrae - how they are spaced, and then we do motion testing as well to see the quality of the motion through the spine and through all the joints, even (18) .....

**Roger:** How many practitioners of osteopathy are there in Canada right now ? Is this something that is growing ?

**Bradley:** It is growing in leaps and bounds, as a matter of fact. (19) ..... It's a very American phenomenon, and then it branched off to Britain. And Canada kind of got left out of the loop for about a hundred years. But the first college started in about the 1980s (20) ..... and that's an offshoot of a European college. And then there's a ( \_\_\_\_\_ ?) College? And I went to a college in Hamilton, and so the number of colleges is growing, (21) ..... is growing almost exponentially. At one point - I went back to school when I was 49 - and at one point (22) ....., there was only one osteopath in the entire city of London. Now there are probably (23) .....

**Roger:** That's an amazing growth. When you talk about – you know - manipulating the bones and the joints, I think a lot of people may confuse that with chiropractic. How does osteopathy differ from chiropractic ?

**Bradley:** In a few very fundamental ways First of all osteopathy was first. Chiropractic came out of the Midwest as well. And it's been quite well documented that osteopathy was the original manual therapy at that time. What the American osteopaths did though – (24) ..... to prescribe drugs, and so the American osteopaths went the medical route in about 1910. And so the chiropractors were able to go out and fill that space. But another fundamental difference is that osteopathy is really involved in (25) ..... And chiropractic, from my understanding of it anyway, .... I mean they're working off an Xray which is a two dimensional static image, whereas, (26) ..... and I want to find out how it moves in real time.

**Roger:** Absolutely, and um, what would you recommend for someone who is thinking osteopathy ? Just to get to the website, or really just to stop in and say 'Hi'.

**Bradley:** Sure, look at the website .... most people don't know (27) ..... - most people don't know that osteopathy is covered under most major drug plans.

**Roger:** Well, we know now thanks to you Bradley, and we appreciate you coming by and helping us out.

**Bradley:** I appreciate your time.

**Roger:** Bradley Dundas, owner of "Think Osteopathy" (or Osteopathy, you can say it either way).

**Think-Osteopathy.ca** is the website, or (28) .....is the 'phone number. We (etc).....