



What is Osteopathy?

Osteopathy is a manual approach that looks at the way the body function. The body is a self-regulating, functional unit in which function and structure are inter-related, and healthy tissues require proper circulation of all body fluids. In health, the body seeks to maintain a balance within and between these systems.

The goal is to restore the balance within and between all the systems of the body; musculoskeletal, circulatory, neurological, hormonal, cranial and visceral in order to optimize its capacity for self-regulation. This practice is based on in-depth knowledge of anatomy, physiology and biomechanics and different interactions between structure and systems to the body.

Osteopathy can be suitable for many people, from the newborn to the older person. It can help to relieve various discomfort felt in your body, offers support during convalescence or injury, offer support in the practice of sports, support during or after pregnancy, for prevention. It can help to relieve various discomforts in newborns, kids.

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During the global evaluation, they use fine and precise palpation to investigate the cause of the dysfunctions. Each osteopathic treatment is specific and individualized. It is important to remember that an osteopath is not a doctor, so he can't diagnose a disease or can't make prescriptions. It is therefore possible that you will be referred to a healthcare professional for in-depth examination and medical advice. For more information on osteopathy, you can consult the Ostéopathie Québec website or contact your osteopath.

This text inspired by the websites of Ostéopathie Québec and the Canadian federation of osteopaths.



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