

Osteopathy, Structural Osteopathy, Cranio-sacral osteopathy, Visceral Osteopathy

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Physiotherapeutin, Osteopathin



Osteopathy is a holistic method of treatment that attempts to restore the natural mechanism in the body.

The aim is to activate the healing powers of the body. The harmonization of the structure, soft tissues and body fluids is a balance to be reached, the basic requirement for maintaining and restoring the health. Health, which is expressed through mobility.

The variety of treatment approaches makes it possible to treat the various problems of the patient:

Chronic pain conditions of the musculoskeletal system Acute symptoms (lumbago, whiplash syndrome, ...) Sports injuries (acute and chronic) Headache, dizziness, tinnitus Problems of the masticatory apparatus Digestive problems Respiratory tract problems Gynecological problems (hormone disorders, menstrual disorders, Incontinence, infertility, infertility) Pregnancy problems, birth Birth Injuries (congenital and acquired problems of child development) to avoid future problems for Preventive ... and much more in infants, children and adults The basic test is done by fine osteopathic palpation and mobility tests of all the joints and tissues. These faults are visible and functional disorders that point to the fundamental problem. This requires a precise knowledge of anatomy and physiology. Osteopaths work with the concept that the human body is basically always the health and the best function tends. The body has an inherent capacity to resist a disease or dysfunction. An osteopath will not cure problems, but to remove barriers that prevent self-healing of the body. The osteopath solves these barriers only with his hands, as he refers to the great systems of Osteopathy:

Structural Osteopathy, Cranio-sacral osteopathy, Visceral Osteopathy Structural Osteopathy Under structural osteopathy encompasses all techniques that deal with the mobilization and the correction of blockages in the joints, muscles, tendons, ligaments and fascia. The osteopath is working on the musculoskeletal system. A special position in the osteopathic treatment is occupied by the fascial system:

The fascial system (connective tissue) produces a seamless connection between the body parts and organs. There is nowhere in the body to the disruption of tissue. Everything is in connection with all and contributes to the perfect functioning.

Through this continuity of fascial tension and can often continue resulting pain pathologies in other regions of the body.

The treatment of the fascia can be achieved in part by very gentle methods, but also by very direct, powerful techniques.

Cranio-sacral osteopathy The cranio-sacral system consists of the mobile structure of the skull (cranium) and the sacrum (sacrum) together. This system is on the inelastic Duralrohr and cerebro spinal fluid linked. It may be regarded as a hydraulic system that ultra-fine movements and states of stress from the skull to the sacrum and reverse transfers.

Base of diagnosis and therapy of cranio-sacral rhythm, which is like the heart and breathing rhythm an independent body rhythm. Cranio-sacral system disorders may have diverse and far-reaching consequences on the entire neuro-vegetative and vascular system:

Disturbance of lymph drainage and the venous outflow Decreased stimulation of endocrine glands Hormone disturbances Headache, dizziness, migraine Impaired concentration ... Visceral Osteopathy The base of the visceral osteopathy is the mobility and motility of internal organs. A healthy body has a physiological mobility (mobility), an inherent self-motion.

By disturbances in the organs may experience symptoms in the musculo-skeletal system. Further problems may affect the musculo-skeletal system, the intestines.

A very important task of osteopathic treatment is thus a good balance between the internal organs and the musculo-skeletal system restore. Most studies and research in this area were from JP Barral DO, director of the Collège International d`Osteopathy in Saint Etienne (CIDO), carried out by radiography, ultrasonic and infrared camera.

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