

What is Osteopathy?

Osteopathy is a "whole body" system of manual medicine. Osteopaths are federally registered primary health care practitioners who have completed five years university study to become registered. The guiding principles of osteopathy are that the body is an interrelated unit of structure and function and that the body has a self regulating mechanism which maintains optimal health. Osteopathic treatment aims to restore normal alignment and movement to assist the body's self regulating mechanisms return the body back to a normal state of health.

Do I need a referral?

No. As Osteopaths are primary care health practitioners a referral is not required. The only instance when a referral is required is if you are being treated under the Veterans Affairs program and then your GP will be required to complete a referral.

Is Osteopathy covered by Private Health Funds?

Yes, osteopathic treatments are covered by health funds normally under their extras packages. If you are not sure if you are covered just contact your fund to find out. You can also with certain funds elect to be covered for osteopathy instead of other health providers.

Is Osteopathy covered by Medicare?

In certain cases your GP can refer you to an Osteopath under what is called an Enhanced Primary Care (EPC) plan. This is only available for certain complex, chronic conditions so discuss this with your GP. Osteopathy is otherwise covered by most major private health funds.

Is osteopathic treatment covered by Work Cover?

Yes, osteopathic treatment is covered under work cover. If you already have a claim number, please bring it with you. Otherwise, let your GP know that you want to consult an osteopath. We can also help you arrange the necessary approval.

How many treatments will I need?

Patrick will expect to see positive results within 2-4 treatments for common symptoms. However, it must be emphasised that each individual is unique therefore some people will require more or less treatment before their symptoms improve.

EMERALD OSTEOPATHY



Dr Patrick Kuhn is an osteopath who has two decades of experience working in allied health.

Patrick's pathway to becoming a health care practitioner started when he was a student at the VCA School of Dance.

He was introduced to Chinese Medicine and Osteopathy through body maintenance and injury prevention.

Patrick first completed a Diploma in Shiatsu and Chinese Medicine in 1994 and then went on to graduate from RMIT in 2001 with a double degree in clinical sciences and Osteopathy. He has been a certified clinical Pilates instructor since 2002.

Patrick has attended many postgraduate training courses in a variety of disciplines. He completed the fundamentals in cranial osteopathy training in 2004 and has attended courses in areas such as biodynamic cranial osteopathy, acupuncture, obstetrics, paediatrics, learning disabilities, primitive reflexes, dry needling, sports medicine, Pilates, homeopathy, herbal medicine and diet and nutrition.

Payment Methods EFTPOS, Credit or Cash



Health Fund Rebates

Private health fund rebates are available through HICAPS



EMERALD OSTEOPATHY SPORTS AND SPINAL

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Online appointments available at
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Spinal Injuries

Sciatica, disc bulge, whiplash, joint strain, muscle spasm, scoliosis, spondylosis, degenerative joint/disc disease and osteoarthritis

Sports Injuries

Rotator cuff tears, frozen shoulder, bursitis, patella tracking, tendonitis, tennis elbow, hip flexor injuries and osteitis pubis

Headaches

Migraine, tension, cluster, cervicogenic, sinus, tinnitus, ear infection, vertigo, head injuries, jaw pain and grinding

Children's Health

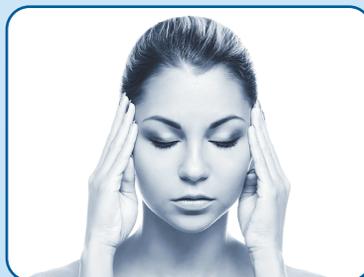
Birth trauma, cranial flat spots, colic, feeding difficulties, reflux, sleep disturbance, autism, ADHD, auditory processing, night wetting, scoliosis and posture

Pre and Post Natal

Back pain, pelvic instability, breathing difficulties, osteitis pubis, carpal tunnel, preparation for labour and labour recovery

Other Conditions treated

Asthma, fibromyalgia, stress, lupus, rheumatoid arthritis, Crohn's, IBS, osteoporosis, RSI and MS



What can I expect to experience during a consultation?

Patrick will take you through a comprehensive case history and examination process, which will include a personal history, postural and movement assessment and physical examination, if any special tests are required such as an x ray that will be arranged during the consultation. From the information gathered a diagnosis and treatment plan will be established. The treatment will be guided by the diagnosis and treatment plan and will not only focus on the affected area but also any associated areas that are contributing to your condition.

The types of techniques that are employed during a treatment will vary depending on the individual needs and can include:

- **Soft tissue massage and acupressure** to release tight muscles.
- **Joint mobilization and manipulation** to restore joint mobility and free entrapped nerves.
- **Muscle energy technique and counter strain** to restore normal muscle and tendon length.
- **Cranial Osteopathy** to reduce tension on cranial structures and restore normal movement of the central nervous system
- **Functional techniques** to assist with normalising respiration and circulation.
- **Myo-fascial release** to improve fascial tension.
- **Dry needling and meridian needling** for muscle and nerve irritation and restoring normal movement
- **Pilates based rehabilitation** for postural strengthening and injury rehabilitation
- **Postural and Ergonomic advice**
- **Herbal supplements and dietary advice**