

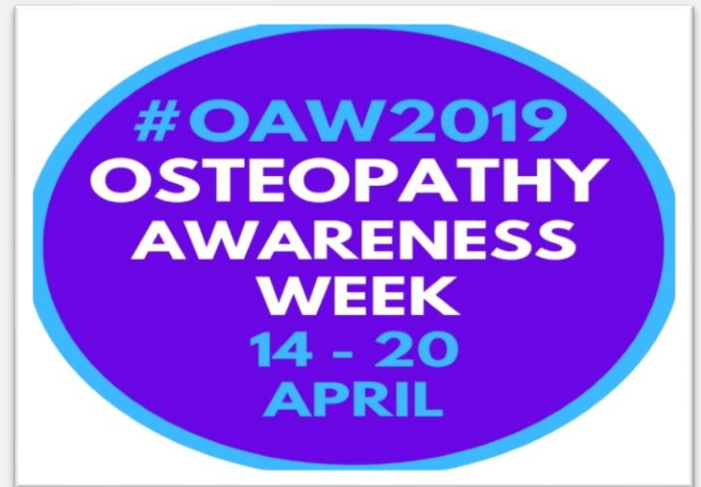
Osteopathy Awareness Week

Osteopathy Awareness Week (OAW) takes place from April 14–20 this year, in conjunction with the Osteopathic International Alliance (OIA). The impact of this week is truly astonishing with associations, members and osteopaths across the globe actively promoting osteopathy and constructively telling the story of how important osteopathy is, and its contribution to global healthcare.

What is Osteopathy

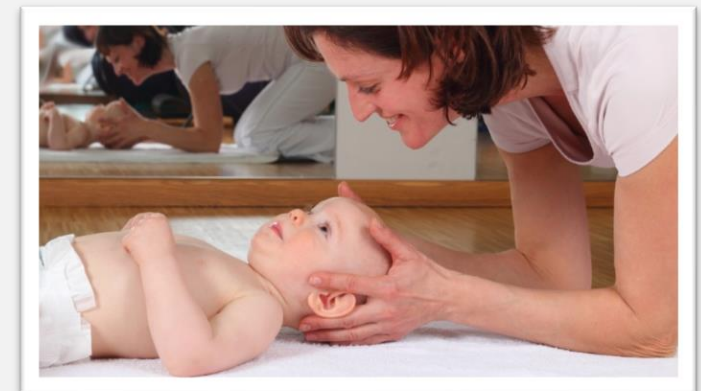
Osteopaths are allied health professionals that offer patient-centred approaches to healthcare and functional improvement which recognise the vital link between the structure of the body and the way it functions. Osteopaths focus on how the skeleton, joints, muscles, nerves, circulation, connective tissue and internal organs function as a holistic unit.

In Australia, osteopaths are government registered practitioners who complete minimum accredited university training in anatomy, physiology, pathology, general healthcare diagnosis, and osteopathic techniques.



Babies with these conditions may benefit from Osteopathic treatment:

- Torticollis (wry neck)
- Lip & tongue ties
- Constant crying & irritability
- Feeding difficulties
- Developmental problems
- Digestive issues, including colic, wind & sickness
- Skull deformation, or 'flat head' syndrome



Conditions that Osteopaths may treat in children and teenagers include:

- Sporting injuries
- Back pain and headaches
- Postural problems & growing pains
- Walking difficulties & foot pain
- Behavioural problems
- Sleep problems
- Learning difficulties
- Inner ear infections



Osteopathy can help Babies & Children

Osteopathic care is gentle and safe for the baby and the growing child. It uses natural techniques without the involvement of drugs and/or surgery. Its treatments can provide assistance to a child's development, enabling him/her to easily adjust to the rapid changes occurring with the body during growth.

Osteopathic treatments include prescription for parents to apply gentle massage to the areas of the child's body where they can safely work on. The osteopath will also advise parents about nutrition, good postural positioning and exercises that will aid the effects of the treatment.



References: <https://www.osteopathy.org.au/>

<https://www.westperthosteo.com.au/children-babies/>

<http://www.medicalwebsite.com.au/blog/osteopathy/benefits-of-osteopathy-for-children/>