

## What is osteopathic Manual Practice?

Osteopathic Manual Practice is a treatment philosophy which seeks to identify areas of the body that are restricted or constricted and then gently ease these restrictions so that normal function can resume.



Osteopathic Manual Practitioners are guided by 4 Osteopathic Principles:

1. The body is a unit, and the person represents a combination of body, mind and spirit.
2. The body is capable of self-regulation, self-healing and health maintenance.
3. Structure and function are reciprocally interrelated.
4. Rational treatment is based on an understanding of these principles: body unity, self-regulation, and the interrelationship of structure and function.

Osteopathic Manual Practice applies the knowledge of the structure (anatomy) and function (physiology) of the body, to all diseases, disorders and dysfunctions.

Osteopathic Manual Practitioners use their hands and provide a gentle “manual” approach, consistent with the osteopathic philosophy, to identify the causative factor of the problem and restore order to all of the systems: musculoskeletal, respiratory, cardiovascular, digestive, reproductive, or nervous system.