

# WORDS OF WELLNESS

Copyright of Goldsworthy Wellness Centre .  
168 Lexington Court, Unit K, Waterloo, ON N2J 4R9 (519) 886-4814

Fall 2010

VOLUME 14 NUMBER 3

## *What Is Osteopathy?*

By Andrzej Bugiel P.T., Osteopath (thesis student)

**Definition: Osteopathy**, s. [Gr. (osten) = a bone, and (pathos) = suffering.]

**OSTEOPATHY** is a naturalistic, vitalistic, holistic and drugless approach to health and disease. It is based on the idea that man is not a collection of parts but a synthetic whole imbued with spirit. The body functions as a complete unit (mind-body-spirit) and possesses self-healing and self-regulating mechanisms. Osteopathy maintains that there is a reciprocal relationship between structure and function. Namely, that an alteration in structure (the musculoskeletal system) through injury will result in a change in function (an internal function) and hence disease. Likewise, a diseased internal organ will result in an alteration in the musculoskeletal system. The osteopathic practitioner, by his/her intimate knowledge of living anatomy can recognize, even on subtle levels, these deviations from normal and by the application of various manual manoeuvres restore the structure and function and assist the inherent self healing powers of the body. Osteopathy was discovered by Dr. Andrew Taylor Still 1828-1917. After studying medicine, Dr. Still became a licensed MD in the state of Missouri. Later he served as a surgeon in the Union Army during the American Civil War. After the war and following the death of three of his children from spinal meningitis in 1864, Dr. Still concluded that the orthodox medical practices of his day were frequently ineffective and sometimes harmful. He devoted the next ten years of his life to study the human body and finding better ways to treat disease.

Dr. Still reasoned that:

“a natural flow of blood is health; and disease is the effect of local or general disturbance of blood – that to excite the nerves causes muscle to contract and compress venous flow of blood to the heart; and the bones could be used as a levers to relieve pressure on nerves, veins and arteries.”

In 1874 Dr. A.T. Still announced to the world, the founding of his new medical science which he called Osteopathy. On November 1, 1892 the American School of Osteopathy in Kirksville, Missouri was opened.

### **What is an Osteopath?**

Osteopaths are educated and trained to work exclusively without the use of drugs or surgery by using manual methods for diagnosis and treatment. This is the predominant method of education worldwide outside of the USA and it is what is currently present in Canada.

### **What Does Osteopathy Treats ?**

Treatment is aimed at the structural problems present, not the disease entity. By removing the obstructions, Osteopath is able to treat any illness or trauma e.g. pain, headache, back, shoulder problems, sciatica, digestive problems, constipation, Eustachian tube congestion.....

### **Are there conditions that should not be treated with osteopathy?**

You should avoid osteopathic manipulation if you have e.g.:

- A broken bone.
- Intracranial bleeding.
- Increased intracranial pressure.
- Stroke until at least 3 weeks have passed.

### **What happens during a visit to the osteopath?**

During the first visit, the osteopath will assess your posture, spine and balance; check your joints, muscles, tendons and ligaments; he/she will use their hands to mobilize your joints of the spine, legs or arms.

“ FIND AND REMOVE THE CAUSE THEN THE EFFECT WILL DISAPPEAR.”

Dr. A.T. Still

## **WELLNESS CENTRE NEWS**

Goldsworthy Wellness Centre is very pleased to announce the addition of Andrzej Bugiel, PT, Osteopathy (Thesis Student) to our list of clinic practitioners .

Andrzej uses osteopathy: craniosacral therapy, facilitated positional release, myofascial release, muscle energy technique, post-isometric relaxation, reciprocal inhibition, joint mobilization, respiratory assistance, oculocephalographic reflex (cervical), strain/counterstrain, visceral manipulation in his approach to patient care.

Osteopathy is a system of gentle adjustments to the body. An Osteopath can restore and balance health through subtle structural manipulation. Osteopathic Manual Therapy can be applied when having pain, headache, back problems, sciatica, constipation, Eustachian tube congestion and any other injury or illness.

Our office continues to be very busy and appointments are very much in demand for all our practitioners. Please remember it is important that if you cannot make your scheduled appointment, you give our office 24 hours notice so we may fill your spot with someone on our waiting list. Also, if you have trouble remembering your reserved time, please make the front desk aware and we will provide you with a **courtesy** reminder call the day before. **Missed appointments are subject to a missed visit fee.**

Congratulations to Sheryl Auger for winning our May draw for a custom fitted Align Right pillow. Steven Fitzpatrick won the sun care package in our June draw. Abu Salehim and Liming Su were the July draw winners of two, thirty minute massage therapy sessions and Marg Mosburger won 2 rounds of golf for Rebel Creek. Congratulations to you all.

Also, congratulations to Donny and Denise Sousa on the arrival of Jordan. He arrived on June 28<sup>th</sup> weighing 9lbs.. David and Michelle Diensch welcomed 8lb 8oz Nicholas and Mike and Kerry Stryker welcomed baby Quinton. Grandma Judy is very excited about her new 6lb bundle of joy.

### **MONTHLY FEATURES**

October marks the return of our annual Thanksgiving Turkey Draw. Visit our office from October 1<sup>st</sup> to 8<sup>th</sup> and enter your name into our draw to win one of two \$25.00 gift certificates from Zehrs.

During the month of October we are focusing on natural flu prevention for the whole family. Come in to the office and pick up some information about preventing the flu and enter your name into our draw to win a natural flu prevention package.

### **THANKS FOR THE REFERRALS!**

Jeff Klink, Val Martin, Filipe Oliveira, Patricia Hamilton, Chris McFarlane, Jeff Collis, Sarah Reeves, Paul Verleyen, Linda Mansfield, Ziggy Orzechowski, Tim Voisin, Karen Cooke, Chico Silvestri, Ken Knudsen, Melissa Adem, Ken Rimando, Del Snyder, Tracey Cockfield, Liz Cooper, Rhonda Larsh, Alana Schott, Erica Gough, Rakinder Toora, Malcolm Peddle, Brandon Leonard, Scott Stobo, Katie Watson, Cathy Robbins, Carolyn Verleyen, Vicki McFarlane, Cathy Silveria, Joan Paiges, John Pedlar, Meg Leslie, Greg Davis, James Chindamo, Denise Sousa, Greg Bauer, Ann Weber, Sarah DeBruin, Ann Eby

## **ASK A PRACTITIONER**

Q: What would be a good mattress for me?

A: Sleep is very important. You actually burn more calories sleeping for 1 hour than watching TV or playing video games. This is your body's time to regenerate. Some people spend more time and effort finding the right office chair than they do looking for a mattress. Your mattress will be around longer than your car, so spend time finding the right one.

Everyone needs a medium firm to firm mattress. Mattresses are based on your weight. What would be a firm mattress for someone 200lbs would be too firm for someone 120lbs. That is why one spouse usually finds the mattress to be perfect while the other finds that their back is stiff every morning.

People that are hot sleepers will find a foam mattress to be too hot, foam doesn't dissipate the heat well. If you are a cold sleeper then a foam mattress may be right for you. The quality of the foam is what really determines the price. You want foam that is dense enough to support you and rebounds back to its original shape every night.

Everyone has seen the pocket coil mattress commercial on TV. A bowling ball is dropped on the mattress and the red wine doesn't spill. This is important when you sleep. You don't need to feel the bed shift every time your spouse rolls over or your dog jumps onto the bed. A non pocket coil mattress is cheaper but allows too much movement in the mattress.

A mattress has a life span of about 8-10 years. The 20 year warranty you get at some stores is only for a manufacturers defect, not for things from normal use. So don't go looking for some help from the company when after 10 years you find that no matter where you are in the bed you always roll to the same spot. There are mattress makers in town that will build you a custom mattress, and they are close to the same price as the general retail outlets. This way each person can get the firmness they are built for. Any other questions about mattresses, feel free to talk with one of our Practitioners.

## **WELLNESS NOTES**

I have been seeing Andrzej, the Osteopath at Goldsworthy, for the last couple of months for back and elbow pain that was aggravated by my very physical job as a roofer. I have had great success from my treatments. I am now able to do my job with reduced pain and discomfort.

Thank you, Andrzej, for helping me. I can recommend his treatments to anyone who suffers from chronic pain caused by their job.  
MJ

## **CENTRE PRACTITIONERS**

### **Chiropractic**

Dr. Jeff Goldsworthy, HBSc. D.C.

Dr. Ryan Larson, BSc. D.C.

### **Massage Therapy**

Kyle Devitt, R.M.T.

Pam Gingrich, R.M.T.

**Acupuncture and Shiatsu Therapy**

Tara Blain, CST, Ac.

**Naturopathy**

Robin Walsh, BAsC. (Nutrition) N.D.

Kristijana Rakic, BSc. N.D.

**Osteopathy**

Andrzej Bugiel, PT, Osteopath (Thesis Student)

**Counselling and Psychotherapy**

Leah Neumann, MSW