

Osteo treats all your Bunchies



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OSTEOPATHY TREATS ALL OF YOUR OUCHIES FROM THE TOP OF YOUR HEAD TO THE TIPS OF YOUR TOES.

1 HEADACHES & MIGRAINES

Skip the advil, see your osteo

2 SINUSES Post sickness congestion (nose, throat, lungs) post nasal drip, acute or chronic cough, lung congestion

3 FACE, EARS, NOSE & THROAT

Pain in the sinuses, jaw, face or teeth. Neuralgia (numbness) in the face, facial twitching, concussions

4 JAW TMJ or jaw pain - pain or stiffness in the jaw

5 NECK Difficulty turning your head, stiffness across the shoulders, whiplash

6 SHOULDER Stiffness, popping or clicking, loss of motion, radiating pain

7 DIGESTIVE TRACT Indigestion, acid reflux/heart burn, nausea, can't poop, poop too much

8 LOWER BACK & HIP Sharp or achy pain in one spot or radiating pain across the back or down the leg

9 REPRODUCTIVE HEALTH During and after pregnancy, breast feeding issues, pelvic pain

10 INFANTS & CHILDREN difficulty latching, not sleeping, can't poop or poops too much, torticollis, vomiting too much after eating

11 MUSCLES Sports injuries or just "doing life" slips, trips, falls, oops I slept wrong

12 NERVES Numbness and tingling anywhere can be an entrapped nerve

13 ANKLES Cracking and popping, loss of motion

14 FEET Can't feel 'em or feel 'em too much. Plantar fasciitis, Morton's Neuroma, stiffness

Why Osteopathy?

Osteopaths treat pretty much everything... because everything can go wrong with your body. With a positive treatment plan we/you can bring your body back into balance to live a life where you are thriving (not just surviving).



GROW: Create a deeper relationship with how your body works and lean into growth.



ADAPT: Learn new adaptive techniques for self-assessment and methods for healing.



THRIVE: Utilize strategies to create a life where you feel balanced and whole.

POW-WOW WITH STEPH about your customized proactive treatment plan for addressing pain and living "ouchie-free".



OSTEOPATHIC PRACTITIONER

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