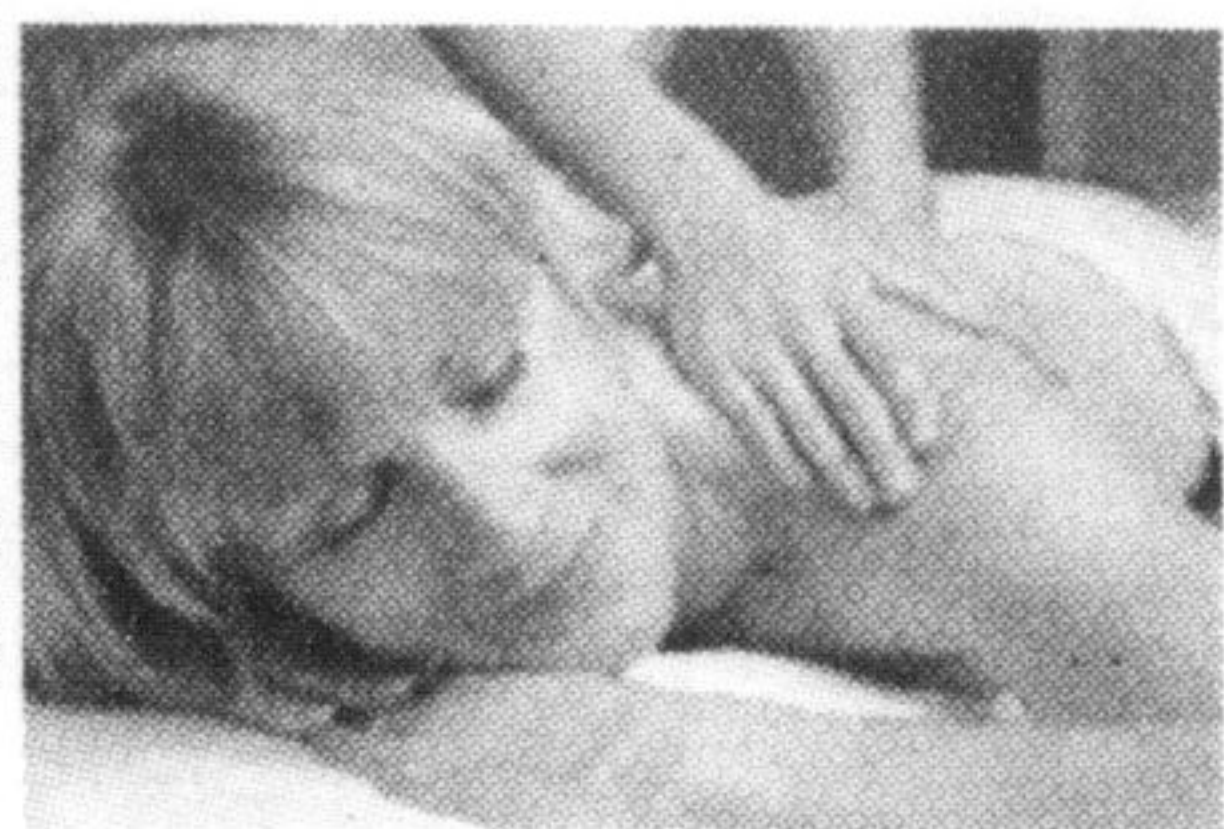


Health & Tranquility



Pain Relief through Osteopathic Techniques



Osteopathy is a 'hands on' manual therapy and one of the oldest approaches to treatment of injuries in the joints, muscles, ligaments, fascia and tendons. Treatments take into account how the whole body moves and adjusts to pain. Osteopaths work with the patient to facilitate good structural alignment, tissue health and organ functions that will alleviate pain and prevent symptom re-occurrence. Osteopathy aims to improve the patients' long-term health and vitality.

You may be suffering with one of the following issues:

- Back Pain
- Repetitive Strain Injuries
- Whiplash Injuries
- Headaches/Migraines
- Frozen Shoulder
- Osteoarthritis, or other Degenerative Conditions
- Rheumatoid Arthritis, or other Inflammatory Conditions
- Neck/Shoulder Tension
- Sports Injuries
- Sciatic Pain

- Digestive Complaints
- Gynecological Issues

Treatment benefits typically include:

- Reduced Muscle Tension
- Reduced Levels of Stress
- Improved Spinal Health
- Increased Joint Health
- Improved Circulation
- Increased Toxin Elimination
- Improved Breathing and Digestion
- Enhanced Sleep
- Accelerated Injury Healing Time

Meredith Craigie BPHE hons., CK, CMT, NT, CC: Osteopathy, graduated in 2001 from Brock University with a degree in Physical Education with a speciality in Disability Studies. In her 5th year of post graduate studies in Osteopathy, Meredith is a Certified Kinesiologist, Registered Naturotherapist and Specialist in Myofascial Integration Therapy

For more information, please visit Meredith at Advantage Physiotherapy of Milton at 550 Ontario Street Unit 7 or call 905-693-8093 with any questions about my services. I look forward to meeting with you and creating a long-term relationship.

Advantage Physiotherapy
of Milton



Meredith Craigie

BPHE hons., CK, CMT, NT.
Osteopathy (Current Study 5/5 yrs)



Providing you with the best Osteopathic services in Halton.

550 Ontario St. S.
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Osteopathy explained

Osteopaths use their palpatory skill to identify areas of the body that are restricted (not moving normally) or constricted (strangled or squeezed). These areas can be in any of these systems:

- musculoskeletal
- respiratory
- cardiovascular
- digestive
- reproductive
- nervous

Osteopaths identify and then gently ease the restrictions or constrictions so the body can function normally again.

Manual osteopathy is based on 4 basic principles:

1. Each structure in the body supports the body's functions. If a structure is damaged, out of place, or otherwise not working properly, the body will not function at its best.
2. The natural flow of the body's fluids - lymphatic, vascular, and neurological - must be preserved and maintained.
3. The human body is the sum of its parts. Its

physical, emotional, social, spiritual, and cognitive systems don't work independently -they work in harmony.

4. When the body has no restrictions, it has the inherent ability to heal itself.


Osteopaths recognize that a patient is an integrated whole. When all the body's components are in balance, a person is complete and in total health.

If your **Feet** hurt...
you **Hurt** all over!

Foot Specialists/Chiropradists

Greg Lawrence B.Sc., D.Ch.
Michelle Mumery D.Ch.

905.878.6479
550 Ontario St. S. Unit 205, Milton



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