

GET RID OF ACHES & PAINS FOR GOOD.

Stay Tuned
Sports Medicine

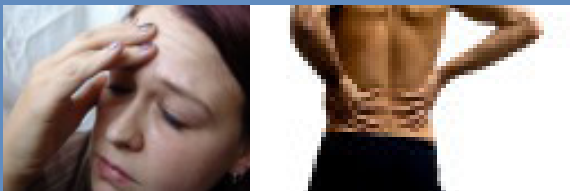
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Don't put up with Aches and Pains anymore. See one of our highly qualified Osteopaths today and discover long term pain relief and improved function without drugs or excessive frequent treatment plans.

Did you know approximately 80% of our population suffers from back pain and that it has been estimated that headaches are the most common medical complaints to affect humanity? Most people at some stage in their life will experience an injury, back pain, or headache and a lot think there is nothing that can be done or put up with pain for too long before doing something about it. The truth is most aches and pains can be improved or eradicated. Even painful conditions that have been present for a long time can usually be helped.



Why see an osteopath?

Osteopaths are primary care musculo-skeletal specialists and train extensively to thoroughly assess, diagnose and treat using a variety of gentle manual techniques. These may include soft tissue therapy, joint mobilisation or manipulation, and gentle joint articulation as well as exercise rehabilitation and postural education. Osteopathy was developed in America in the 1870's by a Missouri Doctor, Andrew Taylor Still, and has progressed to the point where it is now widely recognised throughout the world as one of the most scientifically validated and effective manual therapies.

In a nut shell Osteopaths determine the cause of the problem as well as addressing the problem itself. This usually results in fewer treatments being necessary and a more effective and complete recovery from your injury or condition.

What is osteopathy?

Osteopathy is a complete system of manual medicine, which uses a wide range of techniques to treat musculo-skeletal problems and other functional disorders of the body.

Osteopathy focuses on not only treating the problem but also its cause to avoid it returning. Our osteopaths are highly trained to diagnose a variety of conditions and although you do not require a referral to see an Osteopath they will liaise with your GP or other medical practitioners as required. In certain cases your GP can even refer you to an Osteopath under an Enhanced Care Plan where Medicare rebates may apply for your treatment.

At Stay Tuned Sports Medicine our Osteopaths are highly trained in Exercise Rehabilitation enabling them to teach you how to improve your strength, mobility and flexibility safely to completely address all aspects of your condition. In other words we will help you to help yourself. This means better results and less re-occurrence saving you time and money, and enabling you to get back to doing what you enjoy sooner and with less disruption.

All our Osteopaths are Workcover, TAC and Veterans affairs accredited and no referral is required.



Our goal is to give you the right treatment, advice and care to provide you with 'Complete Care'.