



Universal Health™



Visceral Technique

A holistic Osteopathic approach to patient care designed to ensure that body parts work together to create health and harmony.

NeuroCranial Restructuring is a manipulation process used to Each visceral organ has its own characteristic movement. Your practitioner understands that you come to your first session with two agendas: a conscious and an unconscious one. Your emotions and traumas are stored in your organs, as contractions and restriction of movement. Thus whatever you wish to forget, you file in your body as a tension, a contraction, which you then ignore. Eventually those tensions will accumulate and develop into physical symptoms. Your practitioner aims to release those tensions so that the material filed becomes free-floating again. Problems buried in the past can now be resolved.

How Does It Work

One of the principal tenets of Osteopathy is that no one body part or system is alone or independent of any other body part or system. Thus the functions of the viscera or internal organs are dependant on the correct alignment and motion of the supporting bony parts and vice versa. The organs all have a complicated system of nerves that take messages to and from them to the spinal cord and the brain. Visceral Technique ensures that every organ has the efficient blood supply, venous and lymphatic drainage it needs in order to survive.

The Treatment

Your practitioner will request you lie on the examining table, fully clothed, in order to test your body's responses. In discussing your situation and asking you appropriate questions your practitioner will listen to the responses made by both you, the person, and by your body. Guided by your responses your practitioner will choose from several allied techniques to correct your condition. These include direct massage, cranial, structural and functional techniques as well as manipulative techniques applied to the spine.

Cranial Technique: a manipulative therapy focusing on the bones of your skull which are movable, flexible and adjustable. Your spinal fluid moves in pulse-like waves in the skull and spinal column. These waves suffer interference if the bones of your skull are misaligned. The resulting restrictions, and immobility can cause disruption to your natural craniosacral rhythm and can effect the normal functioning of the brain. Gentle manipulation realigns these bones restoring normal craniosacral rhythm and enabling the body to function optimally.

Structural Technique: a system used within osteopathy that utilises the direct relationships between the bony articulations of your neuromuscular system to restore mobility and physiological harmony between the moving parts. It utilises a variety of techniques including soft tissue mobilization, ligamentous stretch techniques and higher velocity short amplitude manipulations.

Functional Technique: a dynamic technique that uses a series of palpatory clues to bring about a sense of tension release in the tissues under investigation and thus approach a better state of function. It is used when working primarily on muscles that move the joints and on the fascias supporting the viscera. Manipulations will be gentle, not painful, non-torsional, and will use multiple components. High velocity low amplitude techniques can provide rapid local mechanical changes, as well as wider more far reaching effects throughout the circulatory, neuromuscular skeletal and other systems in the body.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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The Benefits

The application of Visceral Technique equips you with maturing resources and understanding so that problems buried in the past can now be resolved. Its use in conjunction with other related techniques encompassed by Osteopathy will facilitate you in accomplishing self-healing at the levels of body, mind, and spirit.

Do you suffer from?

Asthma and chronic obstructive airway disease, Irritable bowel syndrome, Pelvic congestion syndromes, Menstrual pain and dysfunction, Scoliosis, Infantile disorders, Chronic fatigue, Motor coordination impairments, Emotional difficulties, Chronic neck and back pain, Stress, Headaches, Learning disabilities, Dyslexia, Hyperactivity, Poor posture, Lack of muscle tone, Eyes, ears, nose and throat problems, Disequilibrium, Facial pain, Temporomandibular joint problems (TMJ), Bruxism (tooth grinding), Shoulder and neck pain.

Results You Can Expect?

If your problems relate to chronic pain or muscle tension you may feel warmth flowing to various parts of your body after your initial adjustment or a surge of vitality as nerve function is restored and muscles are relaxed. You may feel complete relief after only one adjustment. A feeling of lightness, flexibility and a sense of peacefulness are also common. You will think more clearly with greater focus and have more vitality.

In the case of more complex conditions it may take several appointments to address your problems and relieve your symptoms. Healthy viscera (vital organs) and a healthy nervous system are vital to an active and healthy body. Restoring normal body functions can bring relief from pain and may also benefit you in other ways, such as allowing for a better night's sleep, reducing tension and stress, and in general allowing your body to function at its full capacity. It is important to note that maintaining your health is as crucial as attaining it.

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