

OFFERING VISCERAL OSTEOPATHY; by KAVNEET KAUR (B.P.T, M.P.T, DOMP)



Visceral manipulation has gained an important recognition as one of the alternative natural therapies to address issues afflicting a considerable amount of the world population.

New to the general population, Visceral manipulation can normalize proper functioning of visceral organs. Visceral Organs and glands are the soft internal structures in the body localized in the thoracic, abdominal or pelvic regions

VISCERAL OSTEOPATHY IS EFFECTIVE FOR:

- Whiplash • Seatbelt injuries • Chest or Abdominal sport Injuries • Traumatic Brain injuries
- Concussions • Respiratory issues • Digestive Issues • Bloating and constipation • Nausea and Acid Reflux • GERD • IBS related pain and discomfort • Swallowing dysfunctions • Women's and Men's health issues • Chronic pelvic pain • Back/hip pain • Tailbone/Coccyx pain • Groin pain • Pelvic floor dysfunctions • Postpartum complications • Menstrual irregularities • PMS/ Menstrual cramps
- Dysmenorrhea • Bladder or fecal incontinence • Prostate dysfunction • Prevention in Pelvic • Fibroids and cyst related pain • Menopause related discomfort • Musculoskeletal dysfunctions • Chronic spinal dysfunctions • Headaches and migraines • Sciatica • Scar tissue restrictions • C-section scar tissue restrictions • Emotional issues • Anxiety and depression • Post traumatic stress disorders

HOW DOES IT FEEL TO HAVE A VISCERAL OSTEOPATHY SESSION

Gentle pressure is applied to specific areas in specific directions as to release areas that are assessed to be restricted when using mobility techniques and even lighter pressure is applied when using motility techniques. Mild discomfort may be felt after a session, nausea is reported in some people when working with organs that relate to digestion.

VISCERAL OSTEOPATHY BENEFITS

- Increase energy and Vitality
- Normalize digestive issues improve function of organs
- Release restrictions
- Improve mobility of organs and tissues
- Reduces physical and emotional stress
- Benefits hormonal balance