

## 'CREATURE COMFORT' ANIMAL OSTEOPATHY



### **Dr. Heather Munro**

*BSc(Ost), GradDip(Animal Chiro), GradCert(TertTeach&Learn)  
Registered Osteopath, Lecturer in Osteopathy*

Hobsons Bay Veterinary Clinic  
[www.hobsonsbayvet.com.au](http://www.hobsonsbayvet.com.au)  
318 Melbourne Rd  
Newport VIC 3015  
(03) 9391 4222

### Osteopathy

Osteopaths work to restore optimum function to bodily structures, using gentle techniques such as massage and articulation to improve mobility, relax muscles and help the body to heal itself

Many factors can compromise the body's natural ability to self correct and heal over time. Previous injuries and illnesses, post surgery/anaesthetic recovery, alterations in lifestyle, and aging would be examples of these.

### Osteopathy for animals

Osteopathy works in conjunction with traditional veterinarian care and may assist in the relief of symptoms associated with:

- musculoskeletal problems
- lameness and stiffness
- loss or decreased level of exercise/performance
- post trauma/injuries
- aging and arthritis
- chronic inflammatory conditions
- chronic infections
- lick granulomas
- bladder and bowel problems
- post surgery complications such as adhesions and scar tissue.
- rehabilitation
- unusual behaviour patterns

## Symptoms

Symptoms that may indicate that your animal may benefit from an osteopathic assessment and treatment include:

- signs of discomfort when being stroked on their backs
- difficulty or crying out when getting up, and difficulty moving about
- difficulty climbing stairs or getting into cars
- reduced performance and reluctance to exercise
- lameness
- poor bladder/bowel control
- increased frequency of licking/cleaning of an area
- problems after surgery, adhesions
- unusual behaviour patterns

## Training

Heather completed her Osteopathic degree in the UK in 1993 and has since consistently been dedicated to postgraduate training, specialising in gentle, effective, non-invasive treatment. She completed her Animal Chiropractic Graduate Diploma in 2007 run by the Australian Veterinarian and Chiropractic Association (AVCA - [www.avca.com.au/](http://www.avca.com.au/)) Heather is now able to offer her osteopathic services to the local animal community. She also lectures in Osteopathy and is involved in research at RMIT University.

## What to expect

First visit - a case history will be taken including knocks, falls, unusual behaviour, exercise routine, feeding, surgery/illnesses and general health. This will be followed by gait analysis observation, physical examination, diagnosis and treatment. Patient management and advice if indicated will also be discussed.

Follow up visit - reassessment and follow up treatment, number of visits recommended.

Fee - \$60 per visit (payable on the day of treatment), by appointment only, allow up to 30 mins.

## Post treatment reports

Every case is different and it may take 2-3 visits to see obvious change with a complex case however, the following is generally reported post treatment:

- improvement in mobility, less stiffness
- improvement in exercise level/performance
- improved quality of life in elderly patients
- the need for anti inflammatory drugs may be reduced
- chronic infections may be alleviated and become more responsive to veterinarian care when necessary
- excessive cleaning/licking settles
- improvement in functional bladder and bowel control
- post surgery complications may be alleviated
- less irritable in mood/less clingy/better in themselves even if still a bit stiff
- unusual behaviour settles
- improvement in general health and well being

Heather also offers free palliative care to local pets. Home visits are possible for this level of care. Improved comfort and mood are reported.