

OSTEOPATHY

LOOSEN & DE-STRESS

WHAT IS OSTEOPATHY?

Osteopathy is an independent form of therapy where the therapist performs both diagnosis and treatment with their hands. This is a holistic form of treatment that encompasses body, soul, and spirit. Osteopathy combines a detailed knowledge of anatomy and physiology with manual examination methods to discover what is at the root of the trouble.

Osteopathic treatments aim to release blockages and tissue tension, helping the tissue regain its dynamism and expression. This allows bodily fluids to once again flow undisturbed so that the body can bring itself back into balance.

Osteopathy works on a physical, mental, and spiritual level. The treatment can help heal old injuries. The energy trapped there can be revitalised and channelled into other processes. This can bring about profound change and be a catalyst in our development towards our true self. In other words, it is not the diseases and symptoms that are treated, but rather the areas where the metabolic exchange and expression are at their weakest.

WE TAKE OUR TIME WITH YOU!

After a detailed preliminary discussion, diagnosis and treatment are carried out by hand. Our examination involves feeling through the tissue layer by layer to sense movement restrictions and tensions, and assess deeper structures within. The course of treatment is case-specific. It is not unusual to have a delayed response to osteopathic treatment. It may take several sessions to achieve success with certain symptoms.

HOW MUCH SHOULD I EXPECT TO PAY?

Treatment: approx. 55 minutes, roughly €120 – €135

Initial treatment: approx. 85 minutes, roughly €180 – €195

Rates are in accordance with the GebüH (Gebührenverzeichnis für Heilpraktiker) fee schedule for Naturopaths. The costs are usually covered under private or supplementary insurance, subject to your contract conditions. People with statutory health insurance may receive a subsidy towards the costs of osteopathy, subject to the terms of their insurance. In some cases, a doctor's referral is required for this. We advise you to contact your health insurance company personally if you are unsure whether the costs will be covered.

A list of the statutory health insurance funds that subsidise osteopathy can be found here:

<https://www.osteopathie.de/service-krankenkassenliste>

You initially pay the cost of treatment at our practice by card or bank transfer. You then submit the invoice to your health insurance company for reimbursement, if applicable.



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