

Is there coverage for Osteopathy?

Although we are not able to direct bill for osteopathy services, a lot of major extended health care providers do have coverage for osteopathy depending on your specific plan.

Mélissa Hambrook



Mélissa graduated from the National Academy of Osteopathy in Toronto with a Diploma in Manual Osteopathy. Prior to her professional education, she completed a Bachelor's Degree in Exercise Physiology at the University of Mobile in Alabama and graduated with the title of Magna Cum Laude, meaning "with great honor". Mélissa has been involved in sports since a young age playing volleyball, tennis, track and her main focus being soccer. Originally from Drummond, NB she traveled to the Southern States on a full ride athletic scholarship for soccer. She has also followed her passion for sport as a soccer coach and an ultimate frisbee coach and volunteered her time at Special Olympics events and soccer camps.

She has always been intrigued by how the human body works and moves. She takes a whole body approach to treating pain at the root cause. Her ultimate goal for her patients is to help the body move and find health and balance.

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OPTIMIZE
PHYSIOTHERAPY | MASSAGE THERAPY | NUTRITION

Extended Health Care Osteopathy coverage:

- Sunlife
- Medavie Blue Cross
- Green Shield
- Benefit Trust
- Chamber of Commerce
- ClaimSecure
- Desjardins Financial Security
- Empire Life
- Imperial Life
- Johnson Inc.
- Johnston Group
- Maximum Benefit
- National Life
- Nexgen
- SSQ Financial
- Wawanesa

Check your benefit plan to see if you are covered!

Now offering
**Manual
Osteopathy**

What is Osteopathy?

Manual Osteopaths consider the whole body to be interconnected (holistic). Following a detailed assessment an osteopath will treat the root cause of your pain by applying osteopathic techniques to regain proper function. The ultimate goal is to get your body back into alignment and ensure you are functioning at the highest level possible.

Along with the manual therapy session, manual osteopaths look at your entire way of living and lifestyle to help you find possible external causes for your pain and give advice for longer term relief.

Treatment Techniques.

Manual osteopaths use a variety of manual therapy (hands on) techniques including joint mobilizations, muscle energy techniques (contract-relax stretching), soft tissue therapy and visceral therapy to treat the body as a whole. Due to myofascial restrictions throughout the body, visceral mobilization is used to help free up movement in other adjacent areas of the body. After a manual therapy session your osteopath will provide you with education on how to change and improve external factors in your life, as well as teach you specific exercises and movements to help compliment your treatment.



Is Osteopathy right for me?

Osteopaths treat a variety of conditions including but not limited to the following:

- ✓ low back pain
- ✓ neck pain
- ✓ jaw dysfunction
- ✓ hip pain
- ✓ athletic/sport recovery
- ✓ breathing discomfort
- ✓ decreased or poor circulation
- ✓ muscle spasms
- ✓ constipation
- ✓ pelvic dysfunction (especially after child birth)
- ✓ and simply as a wellness treatment

Men, women. Old, young. Office worker, athlete. Everyone can benefit from the treatments of an osteopath!

