

A woman with blonde hair is looking down at a patient lying on a table. The patient is covered with a white towel. The woman is wearing a dark top. In the background, there is a blackboard with some white lines drawn on it.

10 tips on choosing the best practitioner

Helping find the best practitioner for you

1. Demand a full body treatment

Will your practitioner treat your whole body, from your head, ribs, and spine to your pelvis and legs?



Why is this important?

➤ Your body is an interconnected network of bones, muscles and joints. Each region works in tandem with another. Therefore it's important that your practitioner treats your whole body.

If only one area is treated – a key contributing condition may be missed.

Our approach

➤ Inlign Osteopathy will always give you a full body treatment.

We assess and treat you from your head to your toes

2. Multiple patient focus

Some practitioners see multiple people at the same time. Is this something you're comfortable with?

Why is this important?

➤ If you're comfortable with this, that's ok. This often means your practitioner will leave the room multiple times during the treatment, while you wait.

If you would rather your practitioner dedicated 100% of their time on you – ask if that's possible.

Our approach

➤ Inlign Osteopathy solely dedicates 100% of your treatment only to you.

We only see one patient at a time.

3. Ask friends for recommendations

Ask your friends and family if they know any good manual practitioners.

Why is this important?



Your friends and family may have had great experiences with a practitioner. All it takes is a simple call or question on social media.

Your health is a top priority – and with so many options available it makes sense to seek out a recommended practitioner.

Our approach



We're proud that over 70% of Inlign Osteopathy's new patients have been referred to us by other satisfied patients.

4. Demand simple explanations

It's your health. Ensure that your practitioner explains both your symptoms and the treatment techniques used.



Why is this important?



Some practitioners don't say a word. Others seem to talk another language. You're paying good money for a treatment, so ensure you're informed.

A practitioner should explain your condition and how they are going to treat it. Then provide instructions on how you can maintain health.

Our approach



Inlign Osteopathy will always explain all conditions in clear English and seek consent prior to performing treatment techniques.

We will explain the treatment every step of the way and debrief you with instructions on how to improve your condition.

5. Demand a proven medical knowledge

Choose a practitioner who has recognised qualifications across the connected areas of biology and pathology.



Why is this important?



You want a practitioner who knows what they are doing. Some practitioners only have short course qualifications.

Choose a practitioner who has completed a formal qualification, backed by industry supervision.

Our approach



Osteopaths at Inlign Osteopathy are university qualified and have completed supervised practice for at least 2 years.

6. Demand more than a tune up

Your health should be noticeably improving with each treatment - but not be reliant on treatments.

Why is this important?



You want a practitioner who is treating you for improvement.

While some chronic conditions require long term treatments, fast developing pains should be treated much quicker.

If your treatments are not appearing to benefit you, seek a second opinion.

Our approach



Inlign Osteopathy performs full body treatments aimed at targeting the source of your pains.

We focus on getting you better quicker. We will never schedule unnecessary appointments.

7. First treatment free? Any catches?

Is this a sweet deal or can it turn sour?



Why is this important?



I love free things. You probably do too.

Sometimes the deal is genuine – other times practitioners may try and recover this cost by scheduling unnecessary treatments.

Our approach



Inlign Osteopathy doesn't focus on gimmicks. We focus on getting patient results as quickly as possible.

8. Demand a treatment on your first visit

You may not believe this, but some practitioners won't treat you during your first visit.

Why is this important?

- It's true. Instead of performing a treatment on your first visit, some practitioners will instead insist that you just chat or watch a video on their clinic.

Sounds ridiculous right? Especially if you are experiencing pain.

Our approach

- Inlign Osteopathy will always treat you, unless a serious complication is found.

9. Avoid treatment plans

Some practitioners will insist on a pre-paid treatment plan. Be wary of this approach.

Why is this important?

➤ Treatment plans are usually not in your best interests.

For most straightforward conditions, you may require two treatments, possibly four – but it's impossible to determine this until assessing your body on your next treatment.

Our approach

➤ Inlign Osteopathy does not use treatment plans.

We only request necessary treatments.

10. Seek membership accreditations

Checking your practitioner's medically registered and a member of their industry body.

The logo for Osteopathy Australia, featuring the word "osteopathy" in a lowercase, sans-serif font above the word "AUSTRALIA" in a bold, uppercase, sans-serif font. The letters are dark grey and have a 3D effect, appearing to be mounted on a light-colored wall.

Why is this important?



Something seem a bit off? Check that your practitioner's medically registered.

If your practitioner is a member of their industry body, it provides further proof that they are committed to providing excellent healthcare.

Our approach



All osteopaths at Inlign Osteopathy are registered and are members of Osteopathy Australia.

About Inlign Osteopathy

- 1** **Yes.** You will get a full body treatment
- 2** **Yes.** We only treat one patient at a time (you)
- 3** **Yes.** 70% of our patients referred by satisfied friends
- 4** **Yes.** We explain everything in simple terms
- 5** **Yes.** We have university level knowledge of biology, pathology and science
- 6** **Yes.** We treat to give long term relief – not weekly ‘tune ups’
- 7** **Yes.** There are no gimmicks. We focus on doing it right. It’s better for our reputation
- 8** **Yes.** You will receive a treatment every time
- 9** **Yes.** There are no treatment plans. We don’t schedule unnecessary treatments
- 10** **Yes.** We have a team of accredited osteopaths with ongoing industry study



Choose a manual practitioner that's suited to you

Experiencing back pain, neck pain or
joint pain? Contact Inlign Osteopathy



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