



# Osteopathic Medicine

**Length:** Adhoc. Book 1hr Pop-ins, Full Day Sessions & Regular Monthly Perks

**Delivery modes:** Onsite Sessions; Team Offsites; Wellness Perks.

**Details:** Osteopathy can be useful for workplaces where overexertion of the upper and lower limbs, or lower back pain is a persistent issue.

Osteopathy provides relief from lingering aches and pains, and can be a useful service for Injury Prevention | Stress Management | Absence Management and Health & Safety.

A regular Osteopathy service can be embedded within a musculoskeletal health program; and used as a preventive, early intervention and recovery tool. Weekly/monthly sessions allow for ongoing management of existing MSDs; and continuous support, helping to mitigate present and future risks.

The focus is on the joints, muscles and spine, with benefits that include:

- Increased joint mobility
- Reduced tension in the body, helping to reduce migraines
- Improved spinal postures
- A boost to circulation. This provides the body with fresh oxygenated blood, helping to boost cognitive performance thus reducing injuries and enhancing productivity.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing service, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*