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Introduction to Osteopathy

What is osteopathy?

Osteopathy is a medical philosophy that acknowledges that every individual has their own unique combination of body, mind, and spirit. Physical changes in a person's framework such as from poor posture, injuries, or insufficient exercise often result in pain and dysfunction down the line, which can then affect those other aspects of the person's overall health. Osteopathy seeks the root causes of that pain and dysfunction, and gradually retrains the brain to let go of past defenses to bring about long-term stress reduction and healing.

Osteopathic manipulative therapy (OMT) is one part of osteopathy which aims to correct those physical changes using 12+ types of hands-on techniques that stimulate and relax any type of stressed tissue (muscles, ligaments, cartilage, joints, etc.). Some of these techniques are like those in other schools of bodywork such as physical therapy, massage, and chiropractic, but most of them are unique to osteopathy alone.

What does it mean to be a DO?

In America, there are two routes to becoming a medical doctor. Doctors of osteopathic medicine (DOs) must complete 4 years of medical school just like their MD colleagues, and they also complete 200+ hours of training in osteopathy. Then, both DOs and MDs complete a residency for 3 to 7 years, often shoulder-to-shoulder, before sitting for board certification in a specialty such as family medicine, general surgery, or neurology. The culmination of training for a few DOs is a one-year fellowship in osteopathy which better prepares them to help harmonize the many spheres of their patients' lives. DOs diagnose medical conditions, order blood work and imaging studies, perform injections, prescribe medications, and counsel their patients compassionately.

Can osteopathy help me?

Patients with the following conditions have found benefit in an osteopathic approach:

- acute muscle strains
- pregnancy-related pain
- arthritis/DJD
- sports injuries
- headaches/migraines
- carpal tunnel syndrome
- motor vehicle collisions
- fibromyalgia
- infant head shape
- neck/back pain
- TMJ pain
- post-surgical pain

When is a good time to try osteopathy?

You might want to consider osteopathy if:

- You have already tried numerous pain remedies available to you
- You are interested in reversing the source of an injury
- You want to take your own body's healing to the next level
- You are contemplating surgery to repair or replace a body part

What can I expect at my first visit?

Our number one priority at New River Osteopathy is developing a healthy, positive relationship with you. We take our time to get to know you as a unique human being. Next, we perform a thorough exam to narrow down your specific diagnosis. You will then experience OMT first-hand. Lastly, we will go over one or two 2-minute exercises that best address your unique conditions. You will leave with Dr. Razvi's cell phone number so that you can always reach out with any questions about your treatment plan or if your pain flares for any reason.