



Learn about Osteopathy

and how it can support you & your little one!

Osteopathic practitioners use hands-on techniques to identify and treat restrictions, strains, and tension within the body to restore a sense of relief and improved mobility, all while supporting the body's nervous system and other physiological processes.

What is Osteopathy?

Osteopathic techniques include non-forceful joint mobilizations, myofascial release, cranial-sacral techniques, lymphatic drainage, and visceral manipulation. Manual osteopathic practitioners use an approach that is comprehensive and can be highly effective for a range of symptoms and conditions and beneficial for people of all ages.



About Anne-Marie Mougeot

Anne-Marie has a BSc(Kin) and graduated from the Canadian College of Osteopathy (5-year program). She is a member in good standing with OsteopathyBC and has completed various postgraduate courses in chronic pain management, lactation support, pediatrics, and pelvic health.



How Osteopathy Can Help With Breastfeeding Challenges

Breastfeeding requires babies to have good mobility and functioning of their tongue, face, and neck. In fact, breastfeeding is a whole body activity as inborn feeding reflexes are located throughout an infant's body.

Babies sometimes carry tension in their bodies, often as a result of in-utero positioning or from the birthing process, which can make certain positions or movements uncomfortable for them and can contribute to feeding challenges. For example, if a baby has trouble turning their head to one side, it might make it difficult for them to latch well, which can cause nipple pain, and might even impact milk supply. Additionally, jaw tension and oral ties can impact a baby's ability to open their mouth wide enough and to move their tongue efficiently to achieve an effective latch.

Osteopathy seeks to address body tension through gentle hands-on techniques that are safe and comfortable for the baby and allows their muscles to relax, aiding in achieving more effective, comfortable and efficient breastfeeding.

Postnatal Osteopathy

Osteopathy can also be supportive for parents following birth, including C-section recovery and rehabilitation, reconnecting with abdominal and pelvic floor muscles, easing back into exercise postpartum, general aches & pains, and bowel and bladder function.



Insurance Coverage

Most extended health benefits provide coverage for osteopathy. Our clinic provides direct billing (for Telus E-health providers) and provides receipts for you to submit to your health insurance provider for reimbursement.

Please check your plan to see if osteopathy is listed.



Lactation Support

Research supports that breastfeeding outcomes can be more successful when osteopathic care is combined with lactation support.

In addition to osteopathic treatment, Anne-Marie performs latch assessments (at the breast and/or bottle) and can work with you to develop strategies for managing milk production, optimal feeding positioning, and provide support, whatever your feeding goals may be.

Don't hesitate to reach out via email at the address below if you have any questions or would like to know more about osteopathy.



Breast Care

Learning how to manage engorgement, blocked ducts, mastitis, and effectively express colostrum or milk are useful skills that can be taught as part of your breastfeeding support consultation. Additional resources & videos can be provided to further guide you.



Collaborative Care

Osteopathy can be combined with other modalities and healthcare approaches to ensure well rounded, family-centered support.

Anne-Marie works out of the Sage Midwifery clinic located at Unit 102-125 Wallace Street, Nanaimo.



@ebb.and.flow.osteo | ebb.flow.osteo@gmail.com | Tel: (250)410-3385

WWW.EBBANDFLOWOSTEOPATHY.COM

