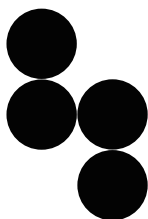


PRINCIPLE FOUR OSTEOPATHY



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29 Somerset Place

Melbourne 3000

Dr Heath Williams B.Sci M. O Grad. Cert. Tert. Ed.

Osteopathy is an extremely effective form of manual medicine that involves identifying and treating the cause of your pain. Osteopaths use a combination of treatment techniques such as soft tissue massage, stretching, manipulation and western acupuncture (dry needling) to alleviate your pain.

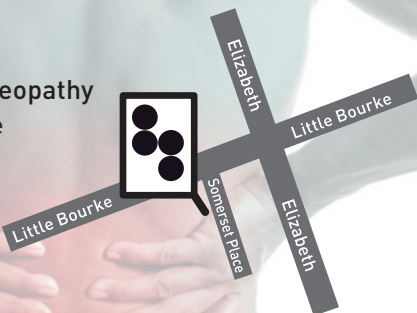
We treat back and neck pain, headaches, sports injuries, repetitive strain injuries, sciatica, arthritic conditions, pre and post natal problems, shoulder, elbow, wrist and hand pain and also hip, knee, foot and ankle pain.

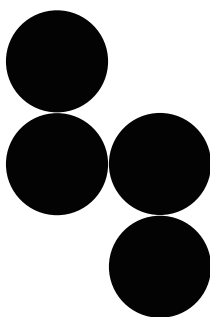
Principle Four Osteopathy

29 Somerset Place

Melbourne 3000

(off Little Bourke)





For Sports Injuries & Athletic Performance

Constantly breaking down?

Looking to improve athletic performance?

Wanting an exercise program that suits your individual needs?

At Principle Four Osteopathy we offer Functional Movement & Fitness Program Design Consultations

A functional movement assessment involves:

- Gait screen
- Balance & proprioception screen
- Dynamic functional movement screen
- Musculoskeletal and orthopedic assessment

A program will be designed to:

- Resolve and prevent overuse related musculoskeletal complaints
- Maximize athletic performance
- Ensure you achieve your fitness goals