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# Physiotherapy & Osteopathy

MATTHIAS STIENS, PRIV. DOZ.

## Together we improve your health & well-being.

- General physiotherapeutic treatment
- Proficient in osteopathic techniques,
- Acute or chronic conditions (including postoperative)
- Support at sports competitions (before, during & after)
- Initial care after sports injury (after fracture exclusion)

## Interconnected body systems restored with Osteopathy.

**Functional techniques** involve indirect methods or resistance, aiming to create a sense of lightness and ease in the body.

- Parietal techniques focus on supporting the musculoskeletal system
- Visceral techniques target all organs, including glands like the thyroid.
- Craniosacral techniques concentrate on the nervous system, addressing both its central and autonomic components.

In contrast, **structural techniques**, work directly, often against resistance. Practitioners may utilize techniques such as MFR (Myofascial Release) or chiropractic manipulations to address issues within joints and the spine.

## A well-informed patient is an empowered patient.

My approach to health is holistic. It is crucial to consider nutrition and medications (for example, which meds to discuss with your doctor). I also provide aids and assess your living situation for safety. Understanding your therapeutic plan is key - what to do, when, and who can help.

## I treat people not diseases.

- Licensed physiotherapist
- Proficient in **techniques**, both functional and structural
- Over 20 years' experience in **hospitals**, **clinics**, and **private practice**
- **Lecturer** in Medical Osteopathy (CURA) [www.curakurse.de](http://www.curakurse.de)
- Active member of the Professional Association for Functional Osteopathy in Germany (BVFO) [www.bvfo-verband.org](http://www.bvfo-verband.org)
- Serving clients of **all ages**
- Working with professional athletes and enthusiasts

## easing physical pain.

Possible Medical Conditions: Encompassing all forms of complaints related to your body that restrict movement (e.g., spine, knees, hips, shoulders, including muscles).

- **Organic complaints, such as:**
  - Reflux (heartburn),
  - Digestive disorders,
  - Respiratory complaints,
  - Gallstone colic,
  - Diverticulitis (inflammation in specific sections of the intestine),
  - Gynecological complaints (including menstrual disorders or increased pain, uterus displacement),
  - Conditions in pregnant women (from the second trimester),
  - Encompassing back pain or urinary incontinence,
  - Swallowing difficulties, and further
- **Nervous System / Craniosacral:**
  - Disorders of the central nervous system associated with the skull and its bones, the brain and its membranes, and the suspension/support in the head and sacrum
  - Autonomous regulation hormonally or functionally (organs)
  - Rib blockages
  - Various eye diseases and complaints
  - Tinnitus
  - Migraine, various types of headaches
  - Temporomandibular joint dysfunction

I am there for you.

Reach me best by message.

+49 177 270 10 94 (also WhatsApp & Signal)

please send me a message!

[www.osteopatia-ibici.com](http://www.osteopatia-ibici.com)

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