



Student Clinic
Canadian College of Osteopathy

Optimal Osteopathic
Treatment at an
affordable cost!



Canadian College of
Osteopathy
Toronto

The mission of the Student Clinic

- Offer quality osteopathic treatment at an affordable cost.
- Train conscientious osteopathic manual practitioners to meet the growing need for osteopathic care.
- Promote the benefits of Osteopathy for people of all ages (newborns, children, adults, the elderly).
- Follow the standards for osteopathic treatment as recommended by the World Health Organization

The Canadian College of Osteopathy, the first school of Osteopathy in Ontario, strives to offer expertise in Osteopathy since 1991.

Why consult an Osteopathic Manual Practitioner?

Osteopathy can provide relief and treatment for a wide range of conditions.

- Injuries (related to sports, work, hobbies, car accidents, etc.);
- Visceral or organic problems (respiratory, digestive, gynecological, urological, etc.);
- Certain problems in newborns and children (otitis, regurgitation, learning disabilities, etc.)
- Issues related to the nervous, circulatory, and lymphatic systems



What happens during a consultation?

Treatment sessions are 90 minutes in length. You will be treated by our students supervised by an Osteopathic Manual Practitioner (D.O.M.P.).

Osteopathy will also help you to:

- Relieve your pain (fatigue, migraines, pre- and post-surgery, etc.);
- Live well during important periods of your life (pregnancy, school exams, etc.);
- Promote better performance in sports;
- Maintain good health.

6steps

The consultation 6 Steps...

1 Review your health history and present complaints

A thorough health history is taken, listening to your chief complaint, and any health issues and other medical interventions received.

2 Perform an assessment

A physical examination is performed, ruling out any major health concerns and ensuring a safe treatment can be provided. Students perform the necessary orthopaedic and osteopathic assessment of all systems and structures that may be related to your area of complaint.

3 A treatment plan is Implemented

After reviewing the examination findings with the supervisor, a treatment plan is devised. .

4 Perform a treatment

The students will undertake the treatment plan to help reduce or eliminate your symptoms.

5 Provide recommendations

After your treatment session, you may be advised on self-care recommendations relating to exercise, stretches, or dietary changes. Follow-up treatments will be suggested to best optimise your current health status.

6 Post treatment

The manual hands-on work is gentle, but due to the physical work being carried out, you may feel sore for the first 24 to 48 hours. It is recommended to rest and hydrate with water after receiving your treatment

What is Osteopathy

Osteopathy was developed in 1874 by an American doctor, Andrew Taylor Still. He believed that everything necessary to sustain human life was already present within the human body. Still sought to find non-medicinal and non-surgical avenues to enhance the body's innate ability to heal itself. Osteopathy is a form of manual therapy that seeks to find and treat the physical impediments that are primarily responsible for preventing an individual's body from being, feeling, and functioning at its optimal level.

Why should you choose the CCO Student Clinic?

Everyone can benefit from Osteopathy as taught by the CCO. That is because Osteopathy is a form of natural medicine that examines the entire patient. It can be applied to alleviate pathologies and mechanical imbalances, and it can be used to remove restrictions in tissue, allowing a patient to become more mobile, healthier, and able to handle the stresses of everyday life.

Our osteopathic students, under the tutelage of the D.O.M.P. supervisor, can work on your body one system at a time, and then integrate the systemic changes throughout your entire body to allow for better health and better energy levels.

At the CCO Student Clinic, you can feel confident and secure that making an appointment with our students, we will provide you with properly trained and tested professional care.

How to make an appointment?

Contact us at **416 597-0367**

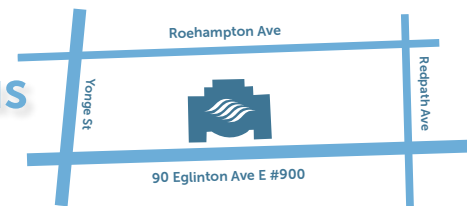
- Our clinic reception is available throughout the week from 8:30-4:30 to book your appointment. Our students clinic typically runs on Tuesday and Wednesday (days may vary). Appointment times are 9:00, 10:30, 1:30, and 3:00.
- Consultation fees are payable by cash, credit card or debit card.
- Please inform us about any changes or cancellations at least 48 hours before your appointment to avoid any cancellation fees.

What to bring during your appointment?

If you are under medical treatment, please bring the details of this treatment, a list of your medication and any other relevant documents (reports from any investigations, x-rays, MRI's, etc.)

It is also recommended to bring loose fitting clothing, such as shorts and a t-shirt to your appointment.

How to Find us




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Canadian College of Osteopathy

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