



# Guelph Osteopath

**Stewart Hope**  
D.O.M.P

## A C C E S S M A R K E T P L A C E P R O F I L E

### SERVICE

since 2014

- In Person/On Site
- Long Distance

#### Payments taken in

- Visa
- MasterCard
- American Express
- Cash
- Cheque
- Electronic transfer

### OFFERING

Osteopathic treatments including the skills of but not limited to:

Myofascial Release  
Muscle Energy Techniques

Cranial and Cranio-sacral  
Visceral Manipulation  
Lymphatic Drainage  
Bioenergetic Work  
Exercise Recommendations

### SERVICES

Osteopathy offer skills to release restrictions and tensions in all parts of the human body. A typical Osteopathic appointment lasts 1 hour. Intake and history within the first appointment is a bit longer so you would want to give yourself 1.5 hours for the first session. Once Stewart has taken your history he will observe the alignment and symmetry of your body. He may also have you do a series of movements so he can further assess any restrictions. He will then work on you on the massage table with a variety of gentle and non-intrusive techniques to put your body in better balance.

During your treatment you are fully clothed and are encouraged to wear comfortable, yet flexible clothing. Again all of the motions and techniques used are very subtle, like gentle stretching. Stewart will explain what he is doing as he goes along and you are welcome to ask questions or share feedback during your session.

You may wish to read more about Osteopathy on the Southern Ontario College of Osteopathy website. Osteopathy has been used since the later 1800's and is most typically described as a

form of drug-free, non-invasive manual techniques that focuses on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine. Its aim is to positively affect the body's nervous, circulatory and lymphatic systems.

#### . The fees are:

\$120. - Initial Intake & treatment 1.5 hours

\$90. - 1 hour treatment

Osteopathy is covered under most health insurance plans.

### CONTACT

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D.O.M.P.

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### PHILOSOPHY

"Since 1994, I have been dedicated to the development and ongoing operations of Inner Access 101, my partnership with my wife Lori Wilson and raising our four sons. My quest for knowledge has included training in a variety of helping modalities, martial arts, herbalism and wilderness skills. The human body, it's make up and capacity for endurance and healing continues to fascinate. Until I studied Osteopathy I had not found any one modality that matched the manner in which I wanted to serve. "

**AMP 5+**  
REFERRED BY

**Lori Wilson**

**AccessMarketPlace**  
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