What:
Osteopathic manipulative treatment (OMT) is hands-on care, used to diagnose, treat, and prevent illness or injury. This treatment can be used to ease pain, promote healing and increase overall mobility. Using OMT, the osteopathic physician moves muscles and joints using techniques including stretching, gentle pressure and resistance.

When:
By Appointment: Tuesday – Friday

Where:
Forestville Wellness Center
6550 Front Street, Forestville, CA
(easy to find downtown) 707-887-0290

Who:
Any West County Health Centers patient who is interested in benefiting from this effective bodywork technique.

How:
Discuss with your Care Team and ask your medical provider for a referral. For more information, call us today.