

## What is Ortho-Bionomy?

Ortho-Bionomy is a gentle, non-invasive, osteopathically-based form of body therapy which is highly effective in working with chronic stress, injuries and pains or problems associated with postural and structural imbalances. The practitioner uses gentle movements and positions of the body to facilitate the change of stress and pain patterns. A strong focus is placed on the comfort of the individual; no forceful movements are used. Ortho-Bionomy is very effective in helping alleviate both acute and chronic pain and stress patterns by reducing chronic muscle tension, soothing the joints, increasing flexibility, improving circulation, and relaxing the entire body.

Dr. Arthur Lincoln Pauls, a British osteopath, who wanted to find a way to work with the body that honored the body's inherent wisdom, developed ortho-Bionomy. From his experience as a Judo instructor and through his training as an osteopath, he found ways of working with the body by exaggerating the body's preferred postures, thereby permitting the body's self-healing process to create greater balance and alignment. He discovered that by working WITH the body and not against it, the body could find balance on its own without having to use force to correct it. Dr. Pauls began teaching this work in the United States in 1976, and taught Ortho-Bionomy extensively throughout Europe.

## How does Ortho-Bionomy work?

Ortho-Bionomy stimulates the body's self-correcting and self-balancing reflexes by way of the proprioceptive reflexes located in our joints and muscles. The practitioner uses movement and gentle compression to find positions of comfort that allow the body to change the stress and pain patterns which are causing the discomfort.

Using gentle positioning and light touch, Ortho-Bionomy stimulates inner awareness to awaken within the individual a sense of natural balance and well-being, both physically and emotionally. The inner wisdom of the body is recognized and affirmed. Self-healing occurs as the person remembers their natural ability to move away from pain and toward ease.