**15 Osteopathy**\_d2

Women’s Wellness Center

**URL:**

huronobgyn.com

**Title** (42 characters):

Osteopathic Care | Women’s Wellness Center

**Description** (157 characters):

Women’s Wellness Center offers osteopathic manipulative treatment, a safe, effective, nonsurgical therapeutic option. To learn more, call us at 000-000-0000.

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**Offering Osteopathic Medicine: Specialized, Patient-Focused Care**

At Women’s Wellness Center, we’re dedicated to providing you the highest-quality, most comprehensive and compassionate treatment we can. Our capabilities include Dr. Castellanos’ background and training in osteopathy, a medical discipline that is focused on treating the whole patient and has long been recognized as safe and effective.

Dr. Castellanos’ degree in osteopathic medicine underscores her view that every person’s health—and every illness—is unique. As a doctor of osteopathic medicine, Dr. Castellanos is able to provide a type of patient-focused care that can complement, and sometimes replace, the use of pharmaceutical medications or invasive surgery.

**OMT—a different kind of therapy**

As part of her osteopathic training, Dr. Castellanos has achieved a high level of expertise in osteopathic manipulative treatment (OMT). This therapy provides nonsurgical treatment that promotes self-healing and can help people of all ages and backgrounds, from the youngest to the oldest.

For example, patients who experience muscle pain or are limited in their mobility may need this “whole patient” approach to their care. Dr. Castellanos can treat a wide range of conditions using OMT, including:

* Asthma
* Ear and sinus disorders
* Carpal tunnel syndrome
* Migraines
* Irritable bowel syndrome
* Menstrual pain

OMT can also often complement fertility treatments. The therapy helps improve circulation and reduce stress, and it helps your body perform the most natural and normal processes of conception and pregnancy.

What’s more, recent research has found that OMT can also often benefit patients with low back pain and balance issues. OMT has also been used to improve outcomes for elderly, hospitalized patients being treated for pneumonia.

In addition, Dr. Castellanos uses OMT as an effective pain-reducing therapy that can allow patients to avoid using prescription pain medications such as opioids.

**How does OMT work?**

Osteopathic doctors have an in-depth understanding of the body’s interconnected system of nerves, muscles and bones. They work with the body’s own structure to help it heal itself.

During OMT, Dr. Castellanos gently applies a precise amount of manual pressure in a specific direction. The pressure is used to relax the tissues or to stimulate them to:

* Treat structural and tissue problems in the vertebrae, muscles, myofascial structures, etc.
* Relieve joint restriction and misalignment
* Restore muscle and tissue balance
* Promote the movement of bodily fluids

By combining her advanced knowledge of state-of-the-art medical care with the “whole body” approach of OMT, Dr. Castellanos is able to deliver a level of women’s healthcare and wellness treatment that’s unmatched in the Huron, SD region.

To request an appointment or to learn more about osteopathy and OMT, call 000-000-0000. You can also use our easy [online form](http://huronobgyn.com/contact/).

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