



# Doctor's House Calls *of Idaho*

## *Doctors House Calls now offers Osteopathic Manipulation*

Osteopathic manipulative medicine is used to help patients with acute and chronic pain. Multiple techniques are used which can consist of stretching, massage, soft and firm pressure to help muscle and joints recover from injury. This technique can be used in a multitude of conditions including sports injuries, arthritis, chronic pain, fibromyalgia, back pain, headaches.

### **Benefits of OMT**

OMT can help people of all ages and backgrounds. The treatment can be used to ease pain, promote healing and increase overall mobility. Although often used to treat muscle pain, the treatment can also help patients with a number of other health problems such as:

*Asthma*

*Sinus disorders*

*Carpal tunnel syndrome*

*Migraines*

*Menstrual pain*

### **OMT for pain relief**

Just as there are multiple types of chronic pain, there are a wide variety of treatment options, from medication to hands-on techniques like OMT, which has been clinically proven to provide pain relief for low back pain.

#### ***These techniques can help:***

- *Treat structural and tissue abnormalities*
- *Relieve joint restriction and misalignment*
- *Restore muscle and tissue balance*
- *Promote the overall movement of blood flow throughout the body*



Dr. Christina Freston graduated from University of Idaho with a Bachelor of Science in Community Health Education. She graduated from Medical school at Des Moines University in Iowa and completed Family Practice residency in Anchorage, Alaska. She joined the Boise community in early 2020 and is very excited to be back in the pacific northwest. She has experience in hospital and outpatient medicine as well as osteopathic manipulation medicine. She is married, has a daughter who is the highlight of her life, 1 dog and 2 cats.

**208-957-5532**

*The Best Care By the Best People, Wherever You Need It*