

SAT (Specific Adjusting Technique)

Roberta has been practicing SAT (Specific Adjustment Technique) since 2014. SAT is a model of minimal treatment, adjusting one segment at a time, which gives the body back to itself with very little interference. Through attention to detail and precision in signalling the correct vertebra for adjustment, remarkable changes in the biomechanics of a patient can lead to a resolution in their pain pattern.

SAT utilises previous knowledge of various stages and developments in osteopathy to develop a technique that was based in a mechanical approach, but applied in a functional/cranial way. SAT was developed by osteopath Tom Dummer who was the principal of the European School of Osteopathy.

In the words of Tom Dummer,

“SAT is a clinical practice which offers a light, almost ‘feather touch,’ painless and distinctly non-traumatic treatment.”

The treatment consists of gentle corrections along with subtle manipulations using cranial osteopathy influencing the nervous system, muscles, viscera and fascia. Initially the primary or the secondary, compensatory malalignment is treated, and gradually these changes are integrated into the whole body.