



# Your session, step by step

*How we work together: manual treatment and active movement*

Studio Lunghi · Baroni — Osteopathy · Rome · Maccarese

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At our practice, a session isn't just something you "receive": it's work we do **together**. We combine the osteopath's manual treatment with active work in which you play the leading role, with one clear goal: not only to help you feel better, but to make you **more independent** in moving well every day. Each visit lasts about an hour and unfolds in four stages.

## 1. We talk together and observe how you move

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We start with **your story**: we listen to you and help you look from several angles at the unclear parts of your health journey, to better understand what has happened so far and what we can do. We don't stop at the symptom: we bring together **how you feel** and what we observe. Then we look at **how your body moves**, to pinpoint the areas that work less well and figure out where to start.

## 2. Osteopathic manipulative treatment

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With our hands, we work on the areas we've identified. Sometimes the work is **focused on a specific region** of the body; other times it involves **broader movement patterns**, involving several parts at once. We choose based on what most affects your movement and your symptoms.

## 3. Active work with Neuromyofascial Functional Activities (FNA)

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This is where you come in, with the **FNA**: five simple movements — rolling the spine down and back up, squatting, step and lunge, the inverted "V", and extension while lying down. You perform them with our guidance, following three principles: **imagining the movement**, **lengthening slowly** and adding **small elastic bounces**.

The rule is simple: look for **tension, not pain**. If a movement "stings", you stop. These same movements help us **understand together** how you're doing (with a score from 0 to 3 for each one), but also to **treat you as you move**, so that the benefit carries over directly into the movements of your day.

## 4. We tie it all together and prepare your "takeaways"

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We close by reviewing together how the session went and agreeing on a few **practical strategies** — habits and small adjustments to help you feel well — to put into practice in everyday life.

## A path toward independence

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Step by step, you'll learn to **assess yourself on your own** and to do the exercises independently (we call them **movement snacks**: just a few minutes, even spread out across the day). It usually takes **about five sessions** to learn the method well; the number and frequency we decide together, based on how you respond. The path can always be **stopped at any time**.

*This material is provided for information about the osteopathic treatment plan and does not replace medical advice. For a diagnosis and for the overall treatment plan, always consult your doctor.*

