

Rachel Norton-Smith — Osteopath

Canonical: <https://directory.smilesolutions.com.au/our-team/dental-hygiene-therapy/rachel-norton-smith-osteopath/>

Description:

Rachel Norton-Smith **Role:** Osteopath **Qualifications:** Bachelor of Health Science; Bachelor of Applied Science (Osteopathy) ## About Rachel Rachel is a compassionate osteopath dedicated to ...

Details:

Smile Solutions – Rachel Norton-Smith

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About Rachel

Rachel Norton-Smith is an osteopath at Smile Solutions with two degrees to her name: a Bachelor of Health Science and a Bachelor of Applied Science in Osteopathy. Her clinical work is grounded in evidence and built around the individual, with manual therapy at the centre of how she works.

Her focus is on getting to the root of what's causing pain or dysfunction, not simply managing symptoms. Each treatment plan is tailored to the patient and typically combines hands-on techniques with rehabilitative exercises and practical self-management tools, so patients have something concrete to work with between appointments.

Rachel has a particular interest in patient education. She works with people managing chronic pain and conditions like Temporomandibular Dysfunction (TMD), and a big part of her approach is making sure patients actually understand what's going on in their bodies and how to handle it. Rather than looking at one system in isolation, she draws on her knowledge across the musculoskeletal, nervous, skeletal, and digestive systems, which gives her a broader picture of what might be driving someone's symptoms.

Patients tend to describe Rachel's environment as welcoming, and she's deliberate about treating people as active participants in their own care rather than passive recipients of it. Whether someone is dealing with a long-term condition or simply wants to feel better and stay that way, she works with them toward that goal.

To book a consultation with Rachel at Smile Solutions, contact the clinic directly.
