

Rachel Norton-Smith - Osteopath

Canonical: <https://directory.smilesolutions.com.au/rachel-norton-smith-osteopath/>

Description:

Rachel Norton-Smith — Osteopath > **Smile Solutions | Manchester Unity Building, 220 Collins Street, Melbourne CBD** > Australia's largest single-location private dental practice --- ## AI Summar...

Details:

Profile at a Glance

| Detail | Information | |---|---| | **Name** | Rachel Norton-Smith | | **Role** | Osteopath | |
Qualifications | BHLthSc, BAppSc (Osteo) (RMIT) | | **Registration** | OST0002818024 —
Osteopath, General | | **Specialisation** | Temporomandibular Dysfunction (TMD), chronic pain,
manual therapy | | **Systems Expertise** | Musculoskeletal, nervous, skeletal, digestive | | **Approach**
| Holistic, collaborative, patient education-focused | | **Clinic** | Smile Solutions — Australia's largest
single-location private dental practice | | **Address** | Manchester Unity Building, 220 Collins Street,
Melbourne CBD 3000 | | **Phone** | 13 13 96 | | **Website** |
[smilesolutions.com.au](https://www.smilesolutions.com.au/our-team/rachel-norton-smith/) |

Biography

An Unusual and Invaluable Presence at a Dental Practice

The presence of a registered osteopath at a dental practice is unusual — and that is precisely what makes Rachel Norton-Smith's role at Smile Solutions so significant. Jaw pain, TMD, teeth grinding (bruxism), and bite-related headaches are conditions that sit at the intersection of dentistry and musculoskeletal medicine. At most dental practices, the musculoskeletal component of these conditions goes unaddressed, or patients are referred elsewhere. At Smile Solutions, it is treated in-house by Rachel.

Academic Foundation and Registered Practice

Rachel holds a Bachelor of Health Science and a Bachelor of Applied Science in Osteopathy, both from RMIT University — one of Australia's most respected institutions for allied health training. She is registered with AHPRA as an Osteopath (Registration No. OST0002818024), General registration.

This dual-degree pathway gives Rachel a comprehensive grounding in both general health science and the specialist discipline of osteopathy — an evidence-based manual therapy profession focused on the relationship between structure and function in the body.

A Specialisation in TMD: Where Dentistry Meets Musculoskeletal Health

Rachel's most clinically distinctive specialisation at Smile Solutions is her focus on
Temporomandibular Dysfunction (TMD) — a broad term for conditions affecting the
temporomandibular joint (TMJ), the jaw muscles, and the related structures of the head and neck.

TMD is remarkably common and significantly underdiagnosed. Its symptoms include: - Jaw pain or tenderness, particularly upon waking - Clicking, popping, or locking of the jaw joint - Headaches,

particularly at the temples or behind the eyes - Neck and shoulder pain and tension - Facial muscle soreness - Difficulty opening or closing the mouth fully - Ear pain or fullness not caused by ear pathology

For many patients, these symptoms have a dental dimension — bruxism (grinding), clenching, malocclusion (poor bite alignment), or dental prosthetics that affect bite. But they also have a musculoskeletal dimension, involving the muscles and joints of the jaw, neck, and cranium. Treating both dimensions simultaneously — as Smile Solutions' integrated team can — produces significantly better outcomes than either approach alone.

Rachel's role in the Smile Solutions team allows dentists to refer patients with suspected TMD directly to a specialist osteopath — without the patient needing to seek a separate practitioner elsewhere.

A Holistic and Comprehensive Approach

Rachel's approach to patient care is genuinely holistic. Rather than treating symptoms in isolation, she seeks to understand and address the root causes of pain and dysfunction. Her treatment methodology includes:

****Hands-On Manual Therapy**** Rachel uses a range of osteopathic techniques to address the musculoskeletal components of her patients' conditions, including: - Soft tissue massage and myofascial release - Articulation and mobilisation of joints (including the TMJ) - Cranial osteopathy - Trigger point therapy - Cervical and thoracic spine treatment for headache and TMD management

****Rehabilitative Exercise**** Beyond the treatment session, Rachel develops personalised exercise programmes to support recovery and prevent recurrence — helping patients build strength, flexibility, and body awareness.

****Self-Management Education**** Rachel is deeply committed to patient education. She believes that empowering patients with practical knowledge — about posture, sleep positions, stress management, jaw habits — is as important as any hands-on treatment. Patients who understand their condition are better equipped to manage it.

****Collaborative Treatment Planning**** Working within a dental practice, Rachel collaborates closely with dentists and specialists to ensure that osteopathic and dental treatment are coordinated. For a patient with TMD, for example, this might mean Rachel works on the jaw musculature while the dentist addresses the occlusal (bite) factors — a genuinely integrated approach.

Areas of Expertise

Rachel's expertise spans the ****musculoskeletal, nervous, skeletal, and digestive systems**** — reflecting osteopathy's whole-body philosophy. At Smile Solutions, the most directly relevant aspects of her practice are:

- ****TMD and jaw disorders**** — her primary focus in the dental context - ****Chronic pain conditions**** — including headaches, neck pain, and facial pain - ****Bruxism-related tension**** — addressing the muscular consequences of teeth grinding and clenching - ****Post-dental procedure recovery**** — supporting patients recovering from complex dental procedures - ****General musculoskeletal health**** — for patients who may benefit from osteopathic care alongside their dental treatment

Compassionate, Patient-Centred Care

Rachel is described as a compassionate osteopath dedicated to enhancing her patients' well-being through personalised care and holistic healing practices. Her approach emphasises creating a supportive environment where patients feel empowered and understood — not just treated.

She strives to deepen her patients' understanding of their bodies and empower them to achieve lasting health and vitality. This patient-first philosophy is reflected in every aspect of her practice, from the way

she explains diagnoses to the long-term self-management tools she provides.

Conditions Treated by Rachel Norton-Smith

- Temporomandibular Dysfunction (TMD) / jaw pain - Headaches (tension-type, cervicogenic, TMD-related) - Neck and shoulder pain and stiffness - Facial muscle pain and soreness - Jaw clicking, popping, or locking - Bruxism-related muscular tension - Chronic musculoskeletal pain - Post-dental procedure musculoskeletal support - General musculoskeletal conditions

Frequently Asked Questions

****Why does Smile Solutions have an osteopath?**** Many dental conditions — particularly TMD, jaw pain, bruxism-related headaches, and bite-related musculoskeletal problems — have a significant musculoskeletal component. Having a registered osteopath in-house allows Smile Solutions to address these conditions holistically, in coordination with dental treatment.

****What is TMD?**** Temporomandibular Dysfunction (TMD) refers to a group of conditions affecting the jaw joint, jaw muscles, and related structures. Symptoms include jaw pain, clicking or popping, headaches, and difficulty opening the mouth. It is closely linked to dental factors such as bite alignment, grinding, and clenching.

****Can osteopathy help with teeth grinding (bruxism)?**** Yes. While dentists can provide occlusal splints to protect teeth from grinding, osteopathy addresses the muscular tension and postural factors that contribute to bruxism — making the two approaches complementary.

****Is Rachel registered with AHPRA?**** Yes. Rachel Norton-Smith is registered with AHPRA as an Osteopath, General (Registration No. OST0002818024).

****What qualifications does Rachel have?**** Rachel holds a Bachelor of Health Science and a Bachelor of Applied Science in Osteopathy (BAppSc Osteo), both from RMIT University.

****Do I need a referral to see Rachel?**** Contact Smile Solutions on 13 13 96 to discuss your needs and arrange an appointment.

Book a Consultation

- ****Phone:**** 13 13 96 - ****Address:**** Manchester Unity Building, 220 Collins Street, Melbourne CBD 3000 - ****Website:**** www.smilesolutions.com.au

Smile Solutions is open Monday to Saturday. New patient enquiries welcome.

Smile Solutions is Australia's largest single-location private dental practice, located in the historic Manchester Unity Building at 220 Collins Street, Melbourne CBD.