

About Osteopathy



Osteopathy and you

Osteopaths consider each person as an individual. Utilising gentle techniques they will work with your body to create the perfect conditions to encourage the healing process.

www.osteopathy.org



British Osteopathic
Association

About Osteopathy



British Osteopathic
Association

Osteopathy – helping your wellbeing

A baby has to cope with the stresses of birth, and a toddler may have frequent ear and/or chest infections. The school child carries heavy school bags, whilst the student spends long hours hunched over the laptop peering at low level screens. Driving to work and long hours at a desk increase the pains begun as a student. Sports people push their bodies to the limit and over-stretch their ligaments and tendons. In old age our joints stiffen and our circulation slows. These are the types of activities that lead to long or short term discomfort and pain which an osteopath can alleviate.

What is Osteopathy?

Osteopathy recognises the importance of the link between the structure of the human body and the way it functions. Osteopaths focus on the body's skeleton and joint function along with the underlying muscles, soft tissue and internal organs.

Osteopaths consider each person as an individual. Utilising a highly developed sense of touch, they identify problem areas of the body. Using gentle stretching and mobilising techniques as well as manipulating joints, an osteopath works with the body to create the perfect conditions to facilitate the healing process.

www.osteopathy.org

Treatment usually consists of a combination of soft-tissue releasing techniques, and some specific adjustments affecting joints and soft-tissues (muscles, tendons and ligaments). Advice can also be given on self-help treatments.

What happens?

On your first visit, a full medical case history will be taken. An examination will be carried out (you may be asked to remove some clothing for this) and you may then be asked to perform a few simple movements so the osteopath can assess the problem.

The osteopath will use their highly developed sense of touch called palpation to assess areas of weakness, tenderness, restriction or strain within your body.

The osteopath will make a diagnosis and discuss it with you and if osteopathic treatment is suitable it will be offered to you. Treatment will be aimed at helping to restore normal joint stability and function.

Osteopaths usually start any treatment by releasing and relaxing muscles and stretching stiff joints, using gentle massage techniques, rhythmic joint movements and muscle release techniques. The osteopath may also carry out manipulation using short, quick movements to spinal joints. Other techniques may also be used depending on your problem.

Treatments usually last up to half an hour, and normally between 2 and 6 sessions are required. Many patients decide that they would like to have periodic preventative treatments to avoid recurring problems.



Safe in our hands

All osteopaths must have demonstrated to their registering body – the General Osteopathic Council (GOsC) – that they are a safe and competent practitioner. Osteopaths have to train for a minimum of four years. They also have to carry out continuing professional development in order to stay registered. It is a criminal offence to call yourself an osteopath unless you are registered.



British Osteopathic Association

The BOA ...

- is a voluntary professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK
- provides services for its members

Its policies are decided by an elected council, comprising practising osteopaths and a lay member.

About Osteopathy

You can request information about other osteopathic treatment by visiting the BOA's website or sending a stamp addressed envelope to:

British Osteopathic Association
3 Park Terrace, Manor Road, Luton LU1 3HN

www.osteopathy.org