

OSTEOPATHY FOR ACTIVITY AND SPORTS

A whole person approach to health

Helping you maintain your best performance.



#osteopathyforhealth

How can your osteopath help?

Osteopaths treat people of all ages and activity levels, from occasional exercisers and enthusiastic amateurs to elite athletes.

Osteopathic care is based on the individual needs of the patient and, and therefore the care and treatment you will receive will vary depending on occupation, age, fitness levels, and diagnosis.

You can discuss with your osteopath your health concerns, and what has brought you to see them.

They will then take the necessary time to understand your symptoms, medical history, work and personal lifestyle which in turn, will help them make a diagnosis of the cause of your issue and formulate a treatment plan with you that will achieve the best outcome.

Your health plan may involve several visits and, very occasionally, further tests and/or referrals to another appropriate healthcare professional.

Although you may wish to consult your GP before you visit an osteopath, you do not need to do so.

Keeping active for a healthy life

Taking part in sport or keeping fit can be rewarding, improve your health and reduce your risk of serious illnesses, such as heart problems, stroke or cancer. It can also help maintain your weight and improve your self-esteem.

It is common to feel some minor discomfort after training, as the body takes a little time to recover and adapt to the demands of activities.

Soreness often quickly resolves itself but occasionally, may persist for more than a few days or make it difficult for you to continue your normal activities. In these instances, you may want to seek advice from an osteopath.

96% of osteopathic patients said they were satisfied or very satisfied with their care

What to expect at your consultation

At your consultation, your osteopath will take a full medical history, and you will undergo a physical examination, which they will explain to you beforehand.

This will often involve you making some movements and the osteopath examining areas to feel for tightness in the muscles and stiffness in the joints to identify problems.

Sometimes, the cause of the problem may be in a different area to the pain; for example, pain in your lower arm may be linked to the nerves in your neck, so they may need to examine your whole body.

You may find that your osteopath undertakes other examinations, such as blood pressure or nerve checks, or even refers you for other tests, such as X-rays, MRIs, or blood tests.

Along with the medical history and physical examinations, your osteopath will always complete a comprehensive routine examination that checks for more serious diagnoses. They will advise and discuss any further action that might be required with you, ensuring that no potential issue is overlooked.

Occasionally they may diagnose an issue that they cannot treat and may refer you to your GP or another appropriate healthcare professional.

As with any health consultation, your osteopath will record this confidential information to form part of your health record. Rest assured, they will store it in accordance with legal requirements for medical data, ensuring the utmost privacy and security of your health information.



About treatment

Before an osteopath starts any treatment, they will explain what is involved so you can agree to the planned course of treatment. If you agree, this may begin at your first appointment.

Osteopathic treatment often involves manual therapy—a range of gentle hands-on techniques that focus on releasing tension, stretching muscles, and improving mobility.

It is not uncommon for manual therapy techniques to cause some mild discomfort for 24 – 48 hours after treatment. Your osteopath will discuss this with you and provide relevant advice before your treatment starts.

As part of your treatment plan your osteopath may also recommend exercises and helpful advice to help you relieve or manage your pain, stay active, and maintain good health.

How can you help yourself?

- Begin your activity slowly and build up intensity, especially after an injury
- Drink plenty of water when you are thirsty, especially if exercising
- Exercise regularly, and try to vary the types of exercise you do for all over body fitness
- If you believe you have injured a limb, then rest, ice, compression and elevation may help, but seek advice if you are worried
- Normal soft tissue healing time can take up to 12 weeks (if no other injuries occur). If you're worried at all about an injury in the short, medium or long term it is worth seeking further advice.

98% of patients said their experience of osteopathy was good or very good



About osteopaths

Osteopaths are highly trained healthcare professionals who are experts in the musculoskeletal system (joints, muscles and associated tissues) and its relationship to other systems of the body.

Osteopathic practice is a safe and effective form of prevention, diagnosis and treatment for a wide range of health issues.

Osteopaths see people of all ages from babies to the elderly and everyone in between, including pregnant women and elite athletes.

Trusted healthcare professionals

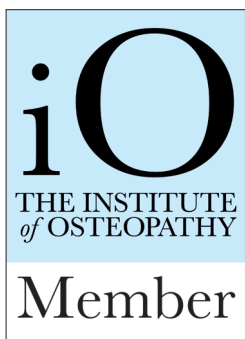
Osteopaths are trusted healthcare professionals, regulated by law and recognised by the NHS in England as an Allied Health Profession. This recognition gives them a similar status to dentists or physiotherapists and guarantees an equivalent high level of care.

Before an osteopath can obtain registration, they must attain specialist degree-level training, either a Bachelor of Science (BSc.) or integrated Masters (MOst.), plus complete over 1000 hours of clinical placements (direct patient contact time).

Osteopaths must meet mandatory continuous professional development (CPD) to maintain registration with the regulator, the General Osteopathic Council (GOsC). CPD involves keeping skills and knowledge up-to-date and maintaining high standards of professional development.

By law, an osteopath must be registered with GOsC to practise in the UK.

To make an appointment, please contact:



We are members of the Institute of Osteopathy, the professional association for osteopaths, committed to the support and development of the osteopathic profession.

Membership of the Institute of Osteopathy affords assurances to the public, patients and colleagues, that we provide the highest quality service and care.

This leaflet has been produced by the Institute of Osteopathy to provide the public with information on osteopathic care and treatment.

For more information on the Institute of Osteopathy visit iOsteopathy.org Tel: **01582 488 455**