

## Q&A

### **What should I wear?**

As with any medical examination, you will probably be asked to undress to your underwear, so please wear something you are comfortable in.

### **Can I bring a friend or relative?**

Yes – if you wish, you can have someone present throughout your consultation and treatment.

### **Does it hurt?**

Some soft tissue treatment may cause discomfort during treatment. Your osteopath will tell you what to expect, and will want you to let them know if you are in pain. You may feel stiff or sore after treatment. This is a normal, healthy response to the treatment.

### **Do I need to see my doctor first?**

You do not need to see your doctor first if you are paying for your own treatment. However, some insurance companies require you to see your doctor first.

Osteopathy is available on the NHS in some areas – and national guidelines say it should be available everywhere for low back pain.

### **How much does treatment cost?**

The costs of treatment vary from practice to practice and across the country – make sure you ask before booking.

### **How many treatments will I need?**

The number of treatments you need depends on the condition and person we are treating. We aim to keep your appointments to a minimum. Your osteopath will be able to tell you within a short period of time whether they can treat you or if they need to refer you to someone else.

## Conditions we treat

### **The most common conditions that we treat are:**

- back and neck pain
- shoulder and arm problems
- pelvis, hip and leg problems
- sports and other injuries

However, patients have found osteopathy helpful for many other conditions. If you want to find out more, any osteopath will be happy to talk to you.



### **British Osteopathic Association**

- is the professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK

[www.osteopathy.org](http://www.osteopathy.org)

Tel. 01582 488455



### **The General Osteopathic Council**

- regulates osteopathy in the UK
- promotes patient safety
- sets, maintains and develops standards of osteopathic practice and conduct

[www.osteopathy.org.uk](http://www.osteopathy.org.uk)

Tel. 020 7357 6655

Contact your local practitioner or access the above websites for further information.

# Work and Driving

## 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](http://www.osteopathy.org)



# Work and Driving

## Professionalism and safety

To qualify, an osteopath must study for four to five years for an undergraduate degree. This is similar to a medical degree, with more emphasis on anatomy and musculoskeletal medicine and includes more than 1,000 hours of training in osteopathic techniques.

By law, osteopaths must register with the General Osteopathic Council (GOsC). It is an offence for anyone to call themselves an osteopath if they are not registered.

The British Medical Association's guidance for general practitioners states that doctors can safely refer patients to osteopaths.

## Work and Driving problems

Are you fit for work?

Occupational injuries account for many millions of working days lost each year in Britain.

No matter whether your work is in the office or outside on the land you need to be able to cope with the individual demands made on your body by the style of work you do.

Manual work inevitably carries the inherent risk of injury caused by heavy and often awkward lifting, overstretching, and periods of prolonged bending causing back and disc injuries, sciatica, and muscle strains.

In the office where desk work is more common, there are the dangers of 'computer hump' and 'mouse wrist', whilst frequent telephone use affects the neck and shoulders causing headaches and carpal tunnel syndrome etc.

Those who drive for a living need to be aware of their driving position as it affects not only their back, neck and shoulders but also can affect hips, knees and feet.

Ask an osteopath for advice on the correct driving position for you and any exercises which may help.

## For the Employee

Going to an osteopath demonstrates to your boss that you are taking an active role in trying to improve your health and reduce your injury. The osteopath will help you look at the style of work you are undertaking and help you find ways of improving the situation and how to prevent a recurrence of your injuries. You will be treated and offered advice on posture and lifting.

An osteopath can also provide you with a sickness certificate if you need time off work.

## For the Employer

Osteopathic treatment will usually help to resolve work-related injuries earlier so that your workforce is more efficient and productive and it will reduce time off through ill-health.

Some companies already benefit from using an osteopath as part of their care programme for employees thereby improving morale and increasing productivity.

## Useful tips

- Frequent short breaks away from the desk and computer will help avoid back, neck and eye strain.
- Make sure if you are driving that you make time to stop, get out and do some brisk exercise for a few minutes every so often on a long journey.
- When lifting at work judge whether you can do this safely or whether you need help. Never be afraid to ask for assistance.