

About Osteopathy

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. Osteopaths assess and treat people of any age from the elderly to the new born and from pregnant women to sports people.



Professionalism and safety

- ❑ osteopaths study for four to five years for an undergraduate degree
- ❑ this is similar to a medical degree, with emphasis on anatomy and musculoskeletal medicine
- ❑ training includes more than 1,000 hours of osteopathic techniques
- ❑ it is an offence for anyone to call themselves an osteopath if they are not registered with the **General Osteopathic Council (GOsC)**
- ❑ the **British Medical Association's** guidance for general practitioners states that doctors can safely refer patients to osteopaths
- ❑ osteopathy is recommended by **National Institute of Clinical Excellence (NICE)** for lower back pain
- ❑ osteopathy is safe, natural and effective



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British Osteopathic
Association

www.osteopathy.org