

osteopathic information service



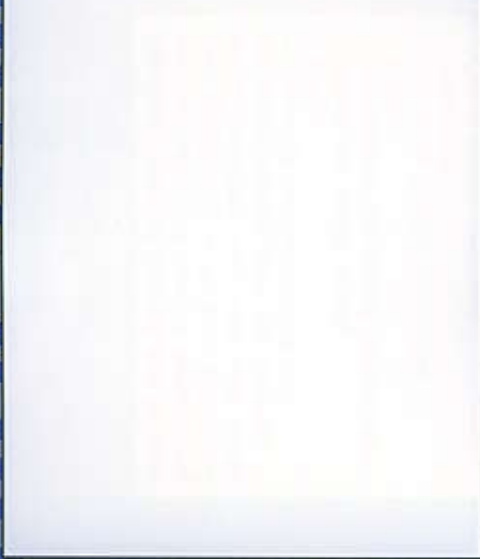
osteopathy and patient protection

Osteopaths are trained to recognise and treat many causes of pain. Osteopathy is an established system of diagnosis and manual treatment, which is recognised by the British Medical Association as a discrete clinical discipline.

For the last sixty years, osteopaths have worked within a system of voluntary regulation that set standards of training and practice.

In 1993, osteopathy became the first major complementary health care profession to be accorded statutory recognition under the 1993 Osteopaths Act. This has culminated in the opening of the statutory register of osteopaths by the General Osteopathic Council in May 1998. Only those practitioners able to show that they have been in safe and competent practice of osteopathy will be allowed onto the register and in the future all osteopaths will be trained to the same high rigorous standards. All osteopaths will need to have medical malpractice insurance and to follow a strict code of conduct.

Patients will have the same safeguards as when currently they consult a doctor or dentist.



osteopathy for work strain

For further information about other conditions osteopathy can help, please send a stamped addressed envelope to:

osteopathic information service

General Osteopathic Council
Osteopathy House
176 Tower Bridge Road
London SE1 3LU
Telephone: 020 7357 6655



website address

www.osteopathy.org.uk



osteopathy for work strain



osteopathic information service

Occupational injuries account for many of the 350 million working days a year lost in Britain.

Osteopaths are skilled at discovering underlying causes of pain. Trained to have a thorough understanding of anatomy and physiology, they use their hands to investigate and treat injuries to the ligaments, muscles and joints.

Poor posture can contribute to daily aches and pains whether you lift heavy loads, sit at the PC incorrectly or drive for long periods. An osteopath can advise on correct posture and movement and can give instruction on back care and preventative exercises.



what is osteopathy?

Osteopathy is an established, recognised system of diagnosis and treatment that lays its main emphasis on the structural integrity of the body. It is distinctive in the fact that it recognises much of the pain and disability we suffer stems from abnormalities in the function of the body structure as well as damage caused to it by disease.

Osteopathy uses many of the diagnostic procedures used in conventional medical assessment and diagnosis. Its main strength, however, lies in the unique way the patient is assessed from a mechanical, functional and postural standpoint and the manual methods of treatment applied to suit the needs of the individual patient.



visiting an osteopath

When you visit an osteopath for the first time a full case history will be taken and you will be given an examination.

You will normally be asked to remove some of your clothing and to perform a simple series of movements. The osteopath will then use his or her highly developed sense of touch, called palpation, to identify any points of weakness or excessive strain throughout the body.

The osteopath may need additional investigations such as x-ray or blood tests. This will allow a full diagnosis and suitable treatment plan to be developed with you. Osteopathy is patient centred, which means the treatment is geared to you as an individual.



common problems

Significant types of illnesses due to work are disorders of the muscles, tendons and joints (particularly in the back, hands and arms). Symptoms vary from mild aches and pains to severe pain and disability.

- Caused by *manual handling and lifting*
- Muscle and tendon injuries
- Intervertebral disc lesions ('slipped disc')
- Sciatica
- Caused by *forceful or repetitive movements*
- Carpal tunnel syndromes
- Tenosynovitis
- Peritendinitis
- Epicondylitis (e.g. 'tennis elbow')
- Mouse wrist
- Caused by *unsuitable posture or repetitive movements*
- Low back pain
- Neck and shoulder pain
- Computer hump
- Repetitive Strain Injury



for the employer

- For years, a number of large companies have retained osteopaths as part of their permanent company health teams. Many smaller companies have also benefited from liaison with their local osteopaths.
- Having an osteopath involved in your staff care programmes can lead to a fitter workforce and improved morale, increased productivity and less time off through ill-health.

www.osteopathy.org.uk



for the employee

- Most of the 3000 osteopaths in the UK work from private practices. However, many GP's are working more closely with osteopaths and can offer the option of referring the patient to the osteopath on the NHS.
- Many people consult an osteopath privately. Telephone local practices for fees in your area.
- Many private health insurance schemes now cover osteopathic treatment (discuss the details with your company).
- You do not need to consult your GP before you visit an osteopath although you may choose to do so.
- Osteopaths can provide you with a sick note if you need time off work.



your osteopath needs to know

To reach a full diagnosis, your osteopath will need to know about your job:

- Is your work repetitive?
- Do you have much heavy lifting?
- Do you have to bend frequently?
- Do you have to work in an awkward posture?
- Does your work involve frequent finger, hand or arm movements?
- Do you have any work breaks?
- Are you working in bad light conditions?
- Do you sit down at work and for how long?
- Do you spend a great deal of your day on the telephone?
- Are you expected to work to deadlines?
- Of the tasks you perform, which cause you the most discomfort?
- What is your working relationship with peers and employers?