

We have a bone (muscle and joint) to pick with you...

To coincide with this year's Bone and Joint Week, beginning 12 October, the Institute of Osteopathy (iO) – through its 3,500 strong membership – is raising awareness about musculoskeletal (MSK) health and wellbeing.

MSK-related problems, issues with the bones, muscles and joints, are the UK's biggest cause of ill-health and the second largest cause of work absence, with an estimated 28.2 million working days lost per year. One in three people will experience lower back pain at least once in their lives, while one in eight adults are diagnosed, and are living with, a long-term MSK condition such as osteoarthritis, osteoporosis or rheumatoid arthritis.

That's the bad news! The good news is, even if you have an MSK-related condition, life doesn't have to stop.

Matthew Rogers, Head of Professional Development at the iO said: "There is a huge amount of evidence showing the prevalence of MSK conditions and the detrimental impact it can have on an individual's quality of life. However, we also know that early intervention, good management, ongoing advice and support from MSK experts - such as osteopaths - can help those with these conditions remain active and maintain their quality of life.

"As one of only 14 allied health professions recognised by the NHS England, osteopaths are highly trained in the early diagnoses and management of MSK-related conditions, providing vital support to their patients. Osteopathic care aims to optimise the health of the individual through tailored hands-on treatment and advice that will help manage everyday tasks that can become more challenging, particularly for those with long-term conditions.

"We hope that the activity that the iO and other organisations committed to transforming the lives of those living with MSK during Bone and Joint week, will shine a light on the impact these conditions have to so many, but more importantly highlight the support that is available."

For more information, resources or advice, visit the iO website at www.iosteopathy.org/osteopathy-for-health. Don't forget to keep up to date -#bonejointweek, #osteopathyforhealth

-ENDS-

Notes to editors

We have a panel of experienced media spokespeople available to be interviewed and provide information and advice on the management of musculoskeletal conditions. For further information, please contact:

comms@iosteopathy.org, 01582 488455

About osteopathic practice

Osteopathic practice is a safe and effective approach that aims to promote the health of people, through the use of manual therapy, exercise and health advice. It is suitable for all ages, from babies to the elderly.

Osteopaths are regulated by law and recognised as one of the allied health professions by NHS England. Training is degree level, with a requirement to complete over 1000 hours of clinical placements prior to registration practise.

About Bone and Joint Health Awareness Week

Bone and Joint Action Week is held annually in October with activities focused on MSK disorders including arthritis, back pain, trauma, paediatric MSK conditions, and osteoporosis. The awareness week is an initiative led by the members of the Arthritis and Musculoskeletal Alliance (ARMA), a collaboration of organisations, including the Institute of Osteopathy, who work together to ensure that MSK disorders are considered a priority in policy and practice in the UK.

About the Institute of Osteopathy (iO)

The iO is a professional membership body for osteopaths, dedicated to the support, unite develop and promote the osteopathic profession for the improvement of public health and patient care. The Institute is proud to represent over two thirds of osteopaths in the United Kingdom.