



Trust me I'm an Osteopath #Did you know? Osteopathic Healthcare Week starts 14th April

14th April sees the start of Osteopathic Healthcare Week, an opportunity for us all to focus on our health, with key advice and tips from your osteopath that you can easily introduce into your daily lives to keep you healthier and happier.

During osteopathy healthcare week, osteopaths will be posting on [Osteopathy for Health](#) Facebook page with useful advice on keeping active, keeping healthy at work, healthy aging and more.

Osteopathic care is focused on optimising the health of people, and is suitable for people of all ages, from babies to the elderly. People who visit an osteopath consistently report high satisfaction with the care they receive¹ and express high confidence in the treatment and advice of their osteopath², with rates in excess of 90% for both satisfaction and trust.

The London School of Osteopathy has been training osteopaths for over 70 years. The course includes in-depth study of anatomy, physiology and pathology alongside softer skills such as psychology and communication. Research and business skills are also part of the package.

Yasmin D'Souza, Registrar at The LSO says, "Our osteopathy students come from a wide range of backgrounds. One of the things we are looking for in potential students is the ability to empathise with people. At the LSO we place a huge focus on the practical side of the training. By the time a student qualifies from the LSO they will have spent a minimum of 1000 hours in our training clinic in Bethnal Green, in addition to time spent in the college."

Osteopaths use a wide range of safe and effective hands on techniques that focus on improving mobility and optimising function, together with useful health advice and exercise. People commonly visit osteopaths for musculoskeletal issues, such as back, neck, joint, muscle and arthritic conditions, but people also visit osteopaths for a variety of other health reasons which may benefit from osteopathic care.

People who are interested in training to become an osteopath can register for the London School of Osteopathy Open Day which takes place on Tuesday 14 May starting at 10.00am. Potential students will be able to take a tour of the facilities at their college on Grange Road, Bermondsey and meet with staff and students.

If you want to know more about osteopathic practice or more about the London School of osteopath clinic in Bethnal Green visit www.lso.ac.uk

References: Visit www.iosteopathy.org/for-osteopaths/research-and-reports/

196% of osteopathic patients expressed confidence in osteopathic treatment and advice, You Gov Public Perceptions survey 2015. 293.2% of osteopathic patients felt that their experience of osteopathy was very good, Patient Reported Outcome Measures, adult data, 2017.

Note to editors

Osteopathic practice comprises of safe and effective approaches, utilising manual therapy, exercise and health advice, with the aim to optimise the health of patients.

Osteopaths are regulated by law and a recognised allied health profession by NHS England.

Osteopaths are trained to degree level and undertake over 1000 hours clinical training at undergraduate level prior to graduation and must be registered with the General Osteopathic Council to practise in the UK.

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

The London School of Osteopathy prides itself in offering students a flexible and hands on approach to studying. Students, whether they choose to study full-time or part time for a degree in Osteopathy are taught in small, friendly lecture groups. All students are enrolled on our M^Ost degree course – in year 3 or 4 depending on whether they are studying full time or part time can choose to opt to complete our B^Ost degree. You can find out more about college and the courses we offer by visiting www.Iso.ac.uk

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