

Gayle Jordan

Recently graduated from the LSO talks about her journey from sports massage therapist to becoming a qualified osteopath.



What did you do before the LSO?

I originally trained as a beauty, complementary and sports massage therapist over 22 years ago and have spent the past 20 years as a teacher and assessor of vocational qualifications in further education. My main focus was on teaching and co-ordination of advanced beauty therapy qualifications and sports massage but I also educated learners on other courses such as sports science and health and social care.

What did you enjoy most about your studies at the LSO?

This is a very difficult question for me to answer as I enjoyed absolutely everything! Having gone the vocational route through education I had never attended university and from the very first week, I enjoyed the stimulation of the higher-level of education with a friendly down to earth team that made me feel very comfortable asking questions that I may have otherwise been too intimidated to ask. The range of different modules, tutors and speakers allowed me to experience the depth and breadth of osteopathy and only made me more excited about the potential further areas of study that would open up to me on completion of my training.

What are you specialising in post-graduation?

Having a background in sports massage I came into my osteopathic training thinking I would like to work in sport, but my areas of interest are now very different. I have recently been accepted onto a post-graduate certificate in paediatric osteopathy which I plan to start in September and I also have a deferred place on a masters in paediatric musculoskeletal health to start in September 2021. I also have a special interest in all aspects of women's health and have been developing my knowledge in the pathophysiology, diagnosis and treatment of headaches and migraines.

Any tips or advice you would give someone considering osteopathy as a career.

Go for it! It will absolutely change your life.

You will at some point, and more likely at several points through your training, think that you don't know what you are doing or this is too hard and you are drowning in work. Everyone feels exactly the same, however well educated they were before they started. It will pass, it will get better and you will get through it. Just keep swimming!
