



Paediatric Clinic Opens again at the London School of Osteopathy

The London School of Osteopathy is delighted to announce that they have reopened their popular paediatric clinic that had been suspended due to Covid & the logistical constraints it imposed.

Prior to March 2020 the baby clinic would see a dozen infants each week including newborns, and we sometimes work alongside midwives, health visitors and lactation consultants. Others were self-referrals from parents who had heard about the positive impact that osteopathy could have on the health and well-being of their babies and children.

Infants are treated with a range of techniques including cranial osteopathy which is a gentle but effective hands-on treatment that can help babies at all stages of development. These very gentle techniques are used to reduce areas of tension, enhance correct function and help the baby to relax.

At the London School of Osteopathy babies, children and teenagers are treated by fully qualified osteopaths who have many years of experience in paediatrics with senior students observing and assisting in the appointment. Maria Hayes, one of the clinic tutors who helps run the baby clinic says, "During your appointment a senior student will take a detailed case history from you about the pregnancy, the birth and your baby's subsequent development. Then an experienced osteopath will accompany the senior student and take the lead in the examination and any subsequent treatment." Yvette Taylor, clinic tutor, is also part of the paediatric clinic team and sees babies as a postgraduate paediatric osteopath on Thursdays.

As a teaching clinic it is important that everything is explained throughout the appointment. We will take the time to understand your concerns about your baby and you are encouraged to ask questions throughout so you are fully engaged in the treatment.

And it's not just babies who can benefit from osteopathy. As children and teenagers are spending an ever increasing amount of time sitting at computers and on electronic devices the results have been an increase in the number of patients presenting with a range of postural problems all which can be improved through osteopathic treatment and advice.

And just as they did pre pandemic, the clinic continues to treat children and young adults presenting with a range of sporting injuries from hamstring strains to tennis elbow.

Dr Lucy Mackay Tumber Clinical Director at the clinic said, “We are delighted that once again we can offer appointments for babies through to grandparents. Our role as a teaching clinic plays an important part in the health and well-being of the local community and one of our aims is to make osteopathy treatment accessible to all”.

The London School of Osteopathy Clinic is based on Cambridge Heath Road and the children and baby clinic runs on Thursdays. Appointments for adults are available Monday – Saturday with evening appointments available during the week. Students and people in receipt of income support can take advantage of concessionary rates. The clinic is operating according to NHS Covid guidelines.

Notes to Editor:

Osteopaths are one of 14 recognised Allied Health Professions in England and are regulated by the General Osteopathic Council.

The London School of Osteopathy has been training osteopaths for over 70 years. The clinic is based in Bethnal Green with the college located in Bermondsey. The college offers both full and part time study and predominantly attracts mature students.

[International Osteopathic Health Week is taking place 18-24 April 2022.](#)

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