



OSTEOPATHY – WHAT TO EXPECT

Osteopathy is a form of manual therapy that can have beneficial effects for a variety of muscle and joint conditions. When you first visit an osteopath, you'll be asked about your current symptoms and medical history. All information will be treated as confidential in accordance with standards of practice set out by the General Osteopathic Council and the Data Protection Act 1998.

After an initial examination, your osteopath will discuss treatment options with you so that you can agree a course of action and the likely associated costs. Treatment may require several visits and, very occasionally, further tests and or referrals to other appropriate health care professionals.

Most osteopaths will begin your treatment at your first appointment – you may experience mild discomfort afterwards, but in most cases this will resolve within 24 hours. If you have any concerns about your treatment we encourage you to discuss these further with your osteopath.

You're more than welcome to bring someone with you for your consultation.

The Institute of Osteopathy is the professional membership organisation for osteopaths, proudly representing the majority of all practitioners within the United Kingdom.

We're committed to the continuing promotion and development of osteopathy.

To find out more, visit our website or call us:

osteopathy.org
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You can also search for your nearest registered osteopath on our website.

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Work, Driving & Osteopathy

Osteopathy works



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WORK & DRIVING PROBLEMS

Are you fit for work? Many people who are on long-term sick leave say that the reasons they cannot work are due to problems with their muscles, bones, ligaments and nerves (musculoskeletal problems). ONS figures report that 35 million working days are lost each year to musculoskeletal issues in the UK alone. Habitual poor posture can contribute to daily aches and discomfort in the workplace and beyond. Whether you work at a desk or have a more manual occupation, your job may expose you to stresses and strains that can cause you pain.

Common causes of strain in the workplace can include:

Prolonged sitting at a desk

Driving long distances

Awkward lifting and carrying

Overstretching

Bending

Extended periods of repetitive motion

Using a computer without taking breaks

These strains can help cause a number of musculoskeletal disorders in the body, including sciatica, carpal tunnel syndrome and tennis elbow.

Furthermore, workplace stress can increase the amount of pain you feel by causing tension and muscle spasms. During an osteopathic consultation you can discuss the impact work may have on your body and agree on an appropriate cause of action that may help. An osteopath may suggest trying different postures and exercises, and discuss workplace ergonomics and lifting techniques.

Osteopaths use a wide range of hands-on techniques, which vary depending on your age, fitness and diagnosis, but often focus on tension, stretching muscles and mobilising your joints.

MUSCULOSKELETAL HEALTH AT WORK

- Frequent short breaks away from the computer may help avoid back, neck and eye strain
- Adjusting your chair and computer display so that the top of the screen is at eye level may be more comfortable for your upper body and neck
- When lifting, judge whether you can do this safely alone or need help. Try not to lift items that are too heavy for you on your own (don't be afraid to ask for assistance). Always keep the item close to your body. Bend your knees and make your legs do the work. Try not to twist your back – turn with your feet
- When driving make sure you are positioned comfortably, and take regular breaks on long journeys

HOW OSTEOPATHY CAN HELP

An estimated 11.6 million working days a year are lost to work-related musculoskeletal disorders. Osteopaths have clinical training in identifying musculoskeletal disorders, with a thorough understanding of the causes of an ailment, how to treat them and, if necessary, when to refer you to a GP for further investigation.

You do not need to consult your GP before you visit an osteopath, although you may wish to do so. Osteopaths can provide you with a fit note if you do need time from work.

REFERENCES

Health and Safety Executive MSD Report, online at <http://www.hse.gov.uk/Statistics/causdis/musculoskeletal/index.htm>

Office for National Statistics www.ons.gov.uk

