

## Q&A

### **What should I wear?**

As with any medical examination, you will probably be asked to undress to your underwear, so please wear something you are comfortable in.

### **Can I bring a friend or relative?**

Yes – if you wish, you can have someone present throughout your consultation and treatment.

### **Does it hurt?**

Some soft tissue treatment may cause discomfort during treatment. Your osteopath will tell you what to expect, and will want you to let them know if you are in pain. You may feel stiff or sore after treatment. This is a normal, healthy response to the treatment.

### **Do I need to see my doctor first?**

You do not need to see your doctor first if you are paying for your own treatment. However, some insurance companies require you to see your doctor first.

Osteopathy is available on the NHS in some areas – and national guidelines say it should be available everywhere for low back pain.

### **How much does treatment cost?**

The costs of treatment vary from practice to practice and across the country – make sure you ask before booking.

### **How many treatments will I need?**

The number of treatments you need depends on the condition and person we are treating. We aim to keep your appointments to a minimum. Your osteopath will be able to tell you within a short period of time whether they can treat you or if they need to refer you to someone else.

## Conditions we treat

### **The most common conditions that we treat are:**

- back and neck pain
- shoulder and arm problems
- pelvis, hip and leg problems
- sports and other injuries

However, patients have found osteopathy helpful for many other conditions. If you want to find out more, any osteopath will be happy to talk to you.



### **British Osteopathic Association**

- is the professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK

[www.osteopathy.org](http://www.osteopathy.org)

Tel. 01582 488455



### **The General Osteopathic Council**

- regulates osteopathy in the UK
- promotes patient safety
- sets, maintains and develops standards of osteopathic practice and conduct

[www.osteopathy.org.uk](http://www.osteopathy.org.uk)

Tel. 020 7357 6655

Contact your local practitioner or access the above websites for further information.

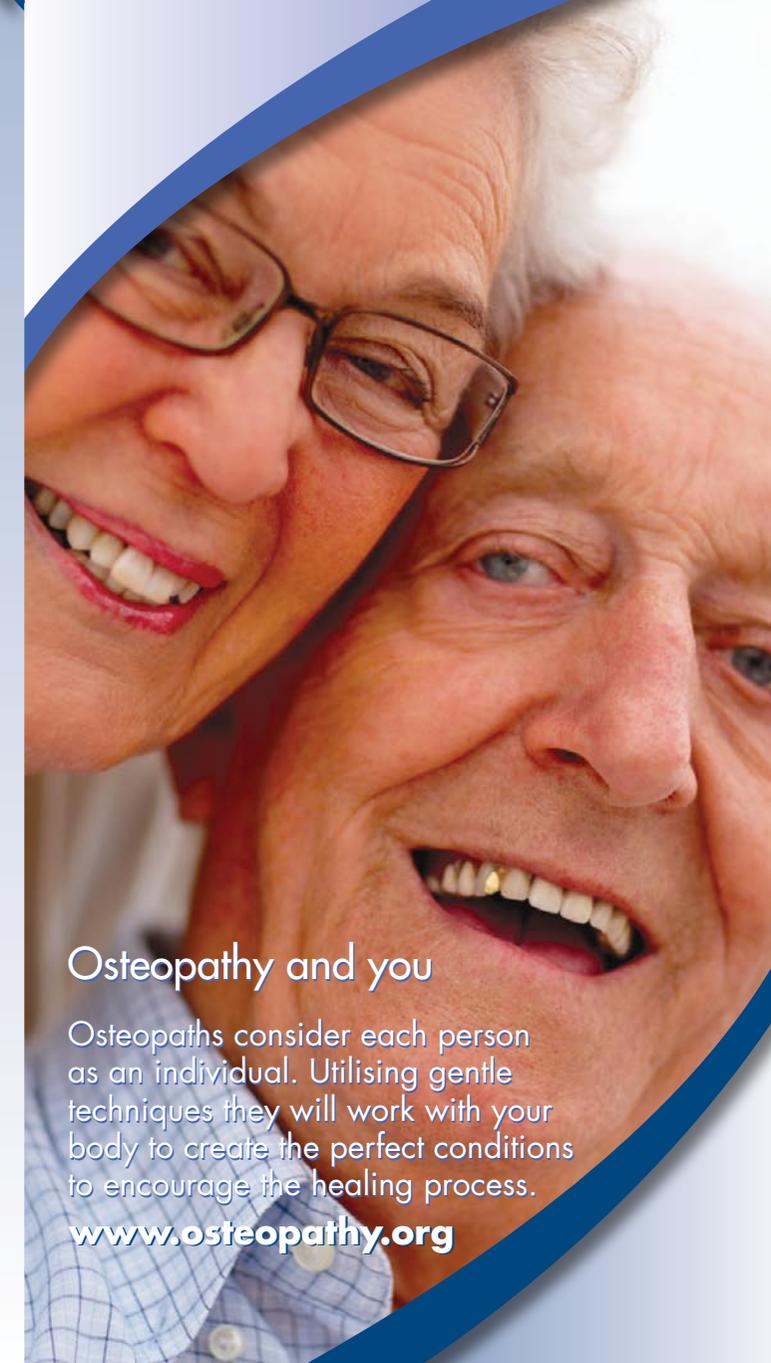


### **Cambourne Osteopaths**

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[www.camborneosteopaths.com](http://www.camborneosteopaths.com)

# As You Get Older



## Osteopathy and you

Osteopaths consider each person as an individual. Utilising gentle techniques they will work with your body to create the perfect conditions to encourage the healing process.

[www.osteopathy.org](http://www.osteopathy.org)

# As You Get Older

## Professionalism and safety

To qualify, an osteopath must study for four to five years for an undergraduate degree. This is similar to a medical degree, with more emphasis on anatomy and musculoskeletal medicine and includes more than 1,000 hours of training in osteopathic techniques. By law, osteopaths must register with the General Osteopathic Council (GOsC). It is an offence for anyone to call themselves an osteopath if they are not registered.

The British Medical Association's guidance for general practitioners states that doctors can safely refer patients to osteopaths.

## Getting older – staying active

Retirement can bring time for leisure, travel opportunities and interests to the older person. This is the chance to take up those sports and activities that you never had time for whilst working and bringing up your family, e.g. golf, gardening, badminton, fitness classes etc.

The body, however, has changed. It has lost some of its elasticity and ability to adapt. It has also experienced injuries and postural stress during those years, often resulting in repetitive strain injuries, stiffness and degenerative changes.

The onset of health issues such as high blood pressure, digestive and circulatory disorders and arthritis have all begun to have a noticeable effect on the body's energy and ability to perform.

Many grandparents also help working parents by caring for their grandchildren – a pleasure for many but also a strain on the older body.

Quality of life is especially important for this age group when there are increasing concerns about loss of independence and mobility.

## Keeping healthy

Osteopathy can help greatly during this time.

An osteopath will take a full case history so they can understand how the body has been affected so far. Then, after a full examination and assessment the osteopath will be able to offer treatment and advice to help improve mobility, circulation and immune function, and reduce joint stiffness so that the older person can enjoy a full and active life in retirement.

The treatment is usually gentle and aims to maintain health and prevent further injury. Dietary advice may also be given to help maintain healthy bones and joints.

## Remember

- Gentle stretching daily to help maintain tissue elasticity and joint mobility
- Walk as much as possible to keep circulation healthy and maintain muscle tone
- Have a daily rest to recover energy for the rest of the day's activities
- The use of trainers or similar footwear can help to reduce wear and tear to the knee and hip joints, and can also help reduce back pain when walking on hard pavements.