

## 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.

# Sports Injuries

## 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)



# Sports Injuries

## 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.

### Back Pain

Sports activities are a regular way of life for many of us now, and involve people from across all age groups from those who have an avid interest to those who just wish to keep fit; from the elite professional to the casual participant.

Many of the injuries are the result of overuse i.e. playing too hard and too often e.g. tennis elbow, golfer's elbow, and biceps tendinitis, or from not warming up properly beforehand or from not warming down after exercise.

Sometimes incorrect equipment can lead to injuries – ill-fitting footwear can cause hip, knee and foot injuries (e.g. Achilles injuries).

Reduced joint flexibility will affect the degree of performance and may result in injury if the player is unaware that they cannot perform to the same level as they used to, for example golfers who cannot turn at the waist as well as they used to, and the enthusiastic older footballer whose knees do not bend as well as they once did.

Young people especially are vulnerable in sport as their growing bodies are often expected to perform to high standards and are putting exceptional physical demands on themselves.

The good news is that although sports injuries are common, those who are fit tend to recover more quickly and easily from their injuries.

### How Osteopathy can help

An osteopath can help improve performance as well as treat the injuries being suffered.

By using their knowledge of diagnosis and highly developed palpatory skills they can help to restore structural balance, improve joint mobility and reduce adhesions and soft tissue restrictions so that ease of movement is restored and performance enhanced.

For those of you wishing to keep fit, the osteopath can help you keep supple and improve muscle tone so reducing the risk of injury to soft tissues unaccustomed to the extra work they are being asked to do.

Advice on diet and exercise which will help you with your specific sport may also be offered.

### Remember

- Begin slowly and build up, especially after an injury
- Warm up first, and then warm down with stretches afterwards
- Drink plenty of water when exercising
- Exercise regularly, and try to alternate the types of exercise that you are doing every day
- Following a joint injury apply ice to the area for 10 minutes, every hour, if practical. Apply a bandage to compress the tissues. Elevate and rest if possible.