

WHAT IS OSTEOPATHY?

Osteopathy focuses on the diagnosis, treatment, prevention and rehabilitation primarily of musculoskeletal disorders.

Using many of the diagnostic procedures applied in conventional medical assessment, osteopaths seek to restore the optimal functioning of the body and aid its intrinsic ability to heal.

Following a detailed case history and examination, treatment is based on mobilising and manipulative techniques, reinforced by guidance on diet and exercise.

TRAINING

At undergraduate level, a four to five year BSc Honours degree programme with extensive clinical training from the outset.

Osteopaths are committed to lifelong learning through a system of mandatory Continuing Professional Development.

CAN I REFER MY PATIENTS TO AN OSTEOPATH?

Yes – Osteopaths are statutorily regulated health professionals and form an integral part of primary care teams.

GPs can safely refer patients to an osteopath – guidelines are published by the General Medical Council and British Medical Association.

Increasingly, osteopaths are working alongside GPs, providing treatment both privately and through the NHS.

WHAT CONDITIONS ARE APPROPRIATE FOR REFERRAL?

A wide range of musculoskeletal disorders including back, neck and shoulder pain, headaches, and sport and work-related injuries respond especially well to osteopathic treatment.

Other commonly treated conditions include pregnancy care, migraine, asthma, arthritic pain, digestive disorders and infantile colic.

WHY REFER TO AN OSTEOPATH?

Osteopathy offers timely, cost-effective healthcare service through:

- Prevention
- Early intervention
- Active recovery
- Enhancing quality of life

There are currently over 4,000 osteopaths registered in the UK, seeing an estimated 25,000 patients a day.

A recent MRC trial comparing treatment options for lower back pain (UK BEAM Trial), found that spinal manipulation, added to GP care, is clinically effective and the most cost-efficient option for patients in the UK.

John Lant & Partners
Osteopaths
206 Chesterton Road
Cambridge CB4 1NE
Tel: 01223 367661 (3 lines)
Email: admin@johnlant.co.uk

www.johnlant.co.uk

Osteopaths:

- ✚ John Lant
- ✚ Alexandra Austin
- ✚ Amanda Maris
- ✚ Nandeep Bhambra