



Training and regulation

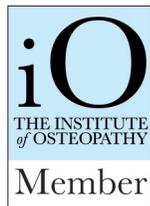
Osteopaths are recognised by NHS England as Allied Health Professionals, playing a critical role in the diagnosis, treatment and care of people of all ages.

In the UK, the osteopathic profession is regulated by the General Osteopathic Council and by law, an osteopath must be registered with the Council to practise. To remain registered, they must comply with strict regulatory requirements and high standards of professional practice. They must also maintain regular professional development.

These requirements give patients the same sort of guarantees and protection as those given by doctors and dentists.

Osteopaths are trained to degree level attaining either a Bachelor of Science (BSc) or integrated Masters (MOst). Training takes a minimum of four years and includes a requirement to have over 1000 hours clinical experience with patients prior to registration.

Osteopaths may undertake further post-graduate training in paediatrics to advance their skills and expertise to work with children. You may want to ask your osteopath about their experience or training.



We are members of the Institute of Osteopathy, the professional membership organisation for osteopaths, committed to the support and development of the osteopathic profession.

Membership of the Institute of Osteopathy affords assurances to the public, patients and colleagues, that we provide the highest quality service and care.

For more information on the Institute of Osteopathy, visit www.iOsteopathy.org or call **01582 488455**

To make an appointment, please contact:



This leaflet has been produced by the Institute of Osteopathy to provide the public with information on osteopathic care and treatment.

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Osteopathy for children

Osteopathy for health

Helping you keep your child
happy and healthy





Keeping your child healthy

Every parent's priority is to provide the best environment to support their child's health as they develop and grow.

Osteopathic practice is safe and effective. Research has shown that people trust their osteopath and are extremely satisfied by their experience of osteopathic care*. This provides parents confidence in the level of care their children can expect to receive.

Children's requirements differ depending on the stage of their development. As they grow from infants, toddlers, children to teenagers, your osteopath will consider your child's individual needs, age and stage of development, and adapt their advice and treatment accordingly.

*** 96% of osteopathic patients expressed confidence in osteopathic treatment and advice**

(You Gov Public Perceptions survey 2015)

How can your osteopath help?

Parents visit osteopaths for a range of reasons to support their child's health.

Children, like adults, can be affected by general joint and muscle issues, which is one of the reasons people often visit an osteopath. Parents will also take their children to visit an osteopath for a variety of other health reasons which may benefit from osteopathic care.

As osteopathic care is based on the individual needs of the patient, it will vary depending on your child's age and the diagnosis.

Osteopaths generally use a wide range of gentle hands-on techniques that focus on releasing tension, improving mobility and optimising function. This is often used together with exercise and helpful advice.

Some osteopaths have been trained in very gentle techniques which are particularly suitable to assess and treat very young children, including new-borns.

You do not need to consult your GP before you visit an osteopath, although you may wish to do so.

93.2% of osteopathic patients felt that their experience of osteopathy was very good

(Patient Reported Outcome Measures adult data, 2017)

What to expect

When you first visit an osteopath, you'll be asked about the reason you have brought your child and their medical history. For babies and young children, this may include information about their birth. All information will be treated as confidential in accordance with the standards of practice set out by the General Osteopathic Council and the General Data Protection Regulation (GDPR).

Your osteopath will complete a thorough examination that will determine if osteopathic care can support your child's health.

After this examination, your osteopath will discuss the care available and you will then jointly decide an appropriate and suitable plan, and the likely associated costs. This care plan may involve several visits and will often include relevant health advice. Your child's treatment may begin at the first appointment

Many osteopaths work with local midwives, other health professionals and GPs. If required, they may recommend your child be referred to another specialist health professional to ensure that your child receives the best possible care.

