

OSTEOPATHY FOR CHILDREN AND YOUNG PEOPLE

A whole person approach to health

Helping you keep your child happy and healthy.



#osteopathyforhealth

How can your osteopath help?

Osteopaths see children of all ages, from babies to adolescents as well as pregnant women.

Osteopathic care is based on the individual needs of the patient. You can discuss with your osteopath your health concerns, and what has brought you to see them.

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.

They will then take the necessary time to understand the child's symptoms and medical history, which will, in turn, help them make an accurate diagnosis of the cause of the issue and formulate a treatment plan with you that will achieve the best outcome.

Support for you and your children

Every parent's priority is to provide the best environment to support their child's health as they develop and grow. 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 visit an osteopath. Parents will also take their children to visit an osteopath for a variety of other health reasons that may benefit from osteopathic care.

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

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

What to expect at your consultation

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.

Your osteopath will complete a thorough examination to determine if osteopathic care is appropriate to support your child's health.

This will often involve undertaking some movements and examining areas to feel for areas of tightness and stiffness to identify problems.

After this examination, your osteopath will discuss the care available and you will then jointly decide on an appropriate and suitable plan. This care plan may involve several visits and will often include relevant health advice.

Along with the medical history and physical examinations, your osteopath will always complete a routine examination that checks for more serious diagnoses, advising and discussing any further action that might be required.

Occasionally they may diagnose an issue that they cannot treat and may refer you to your GP or another appropriate healthcare professional.



As with any health consultation, they will record this confidential information to form part of your child's health record and store it in accordance with legal requirements for medical data.

About treatment

Before an osteopath starts any treatment, they will explain what is involved so you can agree to the planned course of treatment. If you agree, this may begin at the first appointment.

Osteopathic treatment often involves manual therapy—a range of gentle hands-on techniques that focus on releasing tension, stretching muscles, and improving mobility.

Those working with children are trained in very gentle techniques, which are particularly suitable for assessing and treating very young children, including newborns.

As part of your treatment plan, your osteopath may also provide helpful advice on how to improve outcomes.





About osteopaths

Osteopaths are highly trained healthcare professionals who are experts in the musculoskeletal system (joints, muscles and associated tissues) and its relationship to other systems of the body.

Osteopathic practice is a safe and effective form of prevention, diagnosis and treatment for a wide range of health issues.

Osteopaths see people of all ages from babies to the elderly and everyone in between, including pregnant women and elite athletes.

Trusted healthcare professionals

Osteopaths are highly trusted healthcare professionals, regulated by law and recognised by the NHS in England as an Allied Health Profession. This recognition gives them a similar status to dentists or physiotherapists and guarantees an equivalent high level of care.

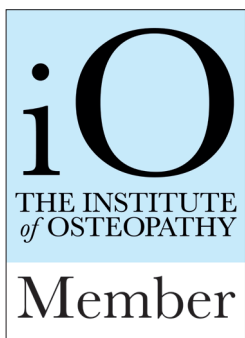
Before an osteopath can obtain registration, they must attain specialist degree-level training, either a Bachelor of Science (BSc.) or integrated Masters (MOst.), plus complete over 1000 hours of clinical placements (direct patient contact time).

Osteopaths must meet mandatory continuous professional development (CPD) to maintain registration with the regulator, the General Osteopathic Council (GOsC). CPD involves keeping skills and knowledge up-to-date and maintaining high standards of professional development.

Those working with children will have the training, knowledge and experience relevant to work with this patient group and keep their skills up to date with relevant CPD.

By law, an osteopath must be registered with GOsC to practise in the UK.

To make an appointment, please contact:



We are members of the Institute of Osteopathy, the professional association 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.

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

For more information on the Institute of Osteopathy visit **iOsteopathy.org** Tel: **01582 488 455**