

OSTEOPATHY AND GETTING OLDER

A whole person approach to health

Growing older doesn't mean accepting every ache.



[#osteopathyforhealth](#)

How can your osteopath help?

Osteopaths treat people of all ages, from those proactively investing in their health to stay active as they age, to those in their later years who are seeking to maintain their mobility.

Osteopathic care is based on the individual needs of the patient and, therefore, varies depending on occupation, age, fitness levels, and diagnosis.

You can discuss with your osteopath your health concerns, and what has brought you to see them.

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

Your health plan may involve several visits and, very occasionally, further tests and/or referrals to another appropriate healthcare professional.

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

Helping you keep mobile and staying active

Ageing does not necessarily mean that we will experience discomfort, pain or stiffness. If you do notice changes which are impacting your physical abilities, many people often find that the care and advice from an osteopath can help you manage these allowing you to enjoy the pleasures of life into your later years.

Many people also find it helpful to talk to an osteopath about ways of keeping active, preventing common problems such as falls, or managing conditions such as osteoarthritis, rheumatic pain and osteoporosis.

After 1 week, **89%** of patients report some level of improvement in their symptoms

What to expect at your consultation

At your consultation, your osteopath will take a full medical history, and you will undergo a physical examination, which they will explain to you beforehand.

This will often involve you making some movements and the osteopath examining areas to feel for tightness in the muscles and stiffness in the joints to identify problems.

Sometimes, the cause of the problem may be in a different area to the pain; for example, pain in your lower arm may be linked to the nerves in your neck, so they may need to examine your whole body.

You may find that your osteopath undertakes other examinations, such as blood pressure or nerve checks, or even refers you for other tests, such as X-rays, MRIs, or blood tests.

Along with the medical history and physical examinations, your osteopath will always complete a comprehensive routine examination that checks for more serious diagnoses. They will advise and discuss any further action that might be required with you, ensuring that no potential issue is overlooked.

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, your osteopath will record this confidential information to form part of your health record. Rest assured, they will store it in accordance with legal requirements for medical data, ensuring the utmost privacy and security of your health information.



At six weeks **96%** of osteopathic patients report improvement or recovery

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 your 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.

It is not uncommon for manual therapy techniques to cause some mild discomfort for 24 – 48 hours after treatment. Your osteopath will discuss this with you and provide relevant advice before your treatment starts.

As part of your treatment plan your osteopath may also recommend exercises and helpful advice to help you relieve or manage your pain, stay active, and maintain good health.

Advice as you get older

Although aches and pains may be a common element of ageing, they don't have to get in the way of any lifestyle. Here are some tips to keep you healthy and active.

- 150 minutes of exercise per week, in blocks of ten minutes or more (enough to make you warmer and breathe harder, while still being able to have a conversation) can help reduce the risk of circulation problems and falls. This might include activities such as dancing or brisk walking. It can also help to improve your mood and levels of confidence
- Make sure you eat a healthy, varied diet
- Doing some form of balance exercises twice a week (for example, Tai Chi, yoga or body balance) is also recommended to help reduce the risk of falling, particularly if you are over-65
- Try to also include exercises that strengthen your arms, legs and body
- The use of trainers or similar footwear can help absorb shocks and take the pressure off knees, hips and spine when walking for longer periods.



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

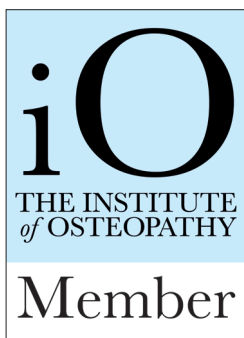
Osteopaths are trusted healthcare professionals, regulated by law and recognised by the NHS in England as an Allied Health Profession. This recognition gives them a similar status to dentists or physiotherapists and guarantees an equivalent high level of care.

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.

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**