This media information pack has been written to provide journalists and those within the media with an overview of osteopathic practice in the UK. It also provides background information about the Institute of Osteopathy.

On behalf of the osteopathic profession, we welcome the opportunity to speak to journalists and raise awareness of osteopathic practice. We have included in this document a list of available speakers and topics that we’d be happy to contribute to in the media though this is not an exhaustive list.

**About osteopathic practice**

Osteopathic practice is a safe and effective form of therapy aimed at promoting health as well as preventing, diagnosing and treating a variety of health problems. Osteopaths are highly trained, healthcare professionals who are experts in the muscles, bones, joints and associated tissues.

Osteopaths use a wide range of gentle manual therapy techniques that focus on releasing tension, stretching muscles and mobilising joints. This is often used together with exercises and advice designed to help patients to relieve or manage pain, keep active and maintain the best of health.

Osteopathic care is suitable for people of all ages from babies to the elderly. People from a wide range of backgrounds seek osteopathic treatment, whether elite or recreational sports people, pregnant women, manual workers or office professionals. Patients seek treatment for a variety of conditions, including back pain, changes to posture in pregnancy, postural problems caused by driving or work strain, the pain of arthritis and minor sports injuries.

Osteopaths also work closely with other health care professionals, providing onward referral if required.

Since 1993, when osteopathic practice underwent statutory regulation, the demand for and popularity of osteopathic treatment has been steadily increasing. Today osteopaths carry out around 7 million treatments in the UK alone, increasingly within the NHS and around 30,000 people consult an osteopath every working day.
Osteopathic training and regulation

Osteopath is a protected title in the UK. This means that it is against the law for anyone to call themselves an osteopath unless they have undertaken the necessary training and registered with the General Osteopathic Council (GOsC), who regulate the profession.

Osteopaths are trained to degree level, taking a minimum of 4-years, which includes a combination of academic, research and over 1,000 hours of patient-facing contact time at undergraduate level, to attain either a Bachelor of Science (BSc) or Masters of Science (MSc). This intensive training equips osteopaths with an in-depth knowledge of anatomy, physiology, psychology and pathology combined with robust clinical examination techniques.

To maintain their GOsC registration, an osteopath must comply with strict regulatory requirements and high standards of professional practice as well as maintain a portfolio of their continuing professional development.

About the Institute of Osteopathy

The Institute of Osteopathy (iO) is the professional membership body for osteopaths. Its purpose is to unite, promote, develop and support the osteopathic profession for the improvement of public health and patient care. The Institute is proud to now represent around 2/3 of osteopaths in the United Kingdom.

Our work

Through working collaboratively with key stakeholders, the iO hopes to strengthen the engagement of osteopaths with other health professionals, to share best practice and facilitate the highest standards of patient care. They also strive to raise awareness of the benefits of osteopathic practice and the role it has in improving public health.

In April 2017, osteopathy was officially recognised as an Allied Health Profession under the remit of NHS England and joined twelve other autonomous health professions, making up the third largest workforce in the health and care system.

The iO is a member and act as secretariat for the Osteopathic Development Group, a collaboration between the major osteopathic organisations in the UK, who work in partnership on projects to support the long-term development of the osteopathic profession.

The iO also represents the UK as part of the Osteopathic International Alliance and provide secretariat services for the European Federation of Osteopaths and Osteopathic Sports Care Association.

In January 2017, the iO took stewardship of a charitable trust, renamed as the Osteopathic Foundation. The foundation funds osteopathic research and supports education by providing financial assistance, in the form of bursaries, to those who are training to become osteopaths.
The iO also invests in osteopathic research and have part-funded the development of a Patient Reported Outcome Measures (PROMs) questionnaire, which osteopaths use to record their patient’s feedback regarding the effects of the treatment they have received.

Our members

Being a member of the Institute of Osteopathy signifies a high level of professional and ethical behaviour, over and above the requirements of osteopathic registration. The iO promotes high quality standards through initiatives such as the Patient Charter, which outlines the excellent levels of care that the public should be able to expect from the osteopaths who serve them. They are also in the process of developing Service Standards for the profession.

About the profession

- Osteopathic approach to health, practice and treatment interventions
- Osteopathic regulation
- Osteopathic training (pre/post registration)
- Case studies and research

All comments can be made by representatives of our organisation or on behalf of any of our member osteopaths according to your deadlines and format.

Topics we cover in the media

Musculoskeletal health

- Back, neck and generalised joint pain including
  - Shoulder, elbow, pelvic pain, hip, knee, foot and ankle
- Low back pain and sciatica
- Arthritis and arthritis management
- Muscular pain and health
- Postural advice and workplace health
- Headaches and migraines management
- Sports injuries and rehabilitation

Osteopathic care for specific populations

- Babies and children
- Women’s Health
- Men’s Health
- Getting Older
- Sports (elite and recreational)
### Key facts, osteopathy in the UK today

**5,366 osteopaths are registered with the General Osteopathic Council**

- **2,722 are female**
- **2,644 are male**

**4,596 practice in England**
- **141 practice in Wales**
- **156 practice in Scotland**
- **26 practice in Northern Ireland**
- **447 practice in the rest of the world**

**95% of osteopaths work in private healthcare**

**5% work in primary, secondary and tertiary care within an NHS setting**

**Did you know that four in five people in the UK experience back pain at some point in their lives?**

- The biggest cause of morbidity (illness) in the UK are low back and neck pain

Source: Global Burden of Disease Study 2013

---

**Patient satisfaction and confidence with osteopathic practice is very high as highlighted in the research below:**

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

The General Osteopathic Council (GOsC) commissioned research into patient’s expectations of osteopathic care (2009-2010)

**“An osteopathic degree takes a minimum of four years and requires completion of over 1000 hours of direct patient facing, clinical contact prior to qualification.”**

Institute of Osteopathy 2017

**Over 50% of patients reported an improvement in their symptoms one week after osteopathic treatment and 73% reported an improvement in their symptoms at 6 weeks post treatment.**

(National Council for Osteopathic Research, Patient Reported Outcome Measures questionnaire results.)

**Amongst osteopathic patients, 96% expressed confidence in osteopathic treatment and advice.**

(GOsC commissioned You Gov Public Perceptions survey, April 2015)

**A recent data collection study found that:**

- **61% of people who visited an osteopath had been experiencing symptoms for 13 weeks or more**
- **but 61.1% were seen within three days or requesting an appointment.**

(Source: NCCO PROMs)

**“Osteopathy has an extremely safe reputation and a major adverse event occurrence is very rare, rarer than from taking medication.”**

Cames D, Mafs T5, Mullinger B, Proud R, Underwood M Study by Barts and The London School of Medicine and Dentistry, University of London Warwick Medical School and the European School
Topics we cover in the media

Musculoskeletal Health

• Back, neck and generalised joint pain including
  o Shoulder, elbow, pelvic pain, hip, knee, foot and ankle
• Low back pain and sciatica
• Arthritis and arthritis management
• Muscular pain and health
• Postural advice and workplace health
• Headaches and migraines management
• Sports injuries and rehabilitation

Osteopathic care for specific populations

• Babies and children
• Women’s Health
• Men’s Health
• Getting Older
• Sports (elite and recreational)

Speakers

<table>
<thead>
<tr>
<th>Picture</th>
<th>Name</th>
<th>Topics covered</th>
</tr>
</thead>
</table>
| ![Ben Katz, BOst](image1) | Ben Katz, BOst  
President, The Institute of Osteopathy  
Registered Osteopath | • Osteopathy for children and babies  
• Women’s health  
• Institute of Osteopathy activities and initiatives |
| ![Robin Lansman, D.O](image2) | Robin Lansman, D.O  
Former President, The Institute of Osteopathy  
Registered Osteopath | • General musculoskeletal health  
• Men’s Health  
• Recreational sport, postural advice and workplace health |
| ![Susan Farwell, D.O](image3) | Susan Farwell, D.O  
Vice-President, The Institute of Osteopathy  
Registered Osteopath | • General musculoskeletal health  
• Institute of Osteopathy activities and initiatives |
| Maurice Cheng                        | • The role of osteopathy and osteopaths in UK primary health  
<table>
<thead>
<tr>
<th>Chief Executive, The Institute of Osteopathy</th>
<th>• Institute of Osteopathy activities and initiatives</th>
</tr>
</thead>
</table>
| Matthew Rogers, BSc (Hons) Ost     | • General musculoskeletal health  
| Head of Professional Development,  | • Getting older / Arthritis management  
| The Institute of Osteopathy        | • Self-management  
| Registered Osteopath               | • Managing chronic pain  
| --- | --- |
| Tim Allardyce, BSc (Hons) Ost      | • Sports - elite and recreational  
| Registered Osteopath               | • Sports injuries and rehabilitation  
| --- | --- |

**Media point of contact**

Katie Griffiths  
Development Manager  
Institute of Osteopathy  
Katie@iosteopathy.org  
Tel: 01582 488455  
Mobile: 07984 679326