



Osteopathy - the facts

Osteopathy is now recognised as an effective treatment for a wide range of painful disorders. It helps restore the function of the musculo-skeletal system (joints, muscles and ligaments).

The aim is to relieve pain and get you going again as quickly as possible. Patients of all ages can obtain benefit, with the treatment tailored to suit the individual..

Andrew Taylor Still, born in 1828 in Virginia, USA, trained as a doctor according to the system of medical education available at the time. As time went on he followed a different path from many of his peers, eschewing alcohol and the habit of contemporary physicians of administering the crude drugs at their disposal in heroic quantities. This drove him to seek new methods of treating sickness. The outcome of his research was the application of physical treatment as a specialised form of treatment for which he coined the name 'Osteopathy'

Entry qualifications for acceptance at the osteopathic schools is now a minimum of two science 'A' levels. Undergraduate training includes, as for doctors, a thorough grounding in the basic medical sciences and this is followed by extensive clinical training with assessments of final clinical competence. The full time courses are for four years with other schools and colleges offering extended pathway courses. Until a few years ago all graduates received a Diploma in Osteopathy but University validation means that an increasing number of the more recent graduates now hold an honours degree. One school is already running an MSc (Osteopathy) course and others are in prospect.

What to expect when visiting an osteopath for the first time.

The first visit

Your consultation will allow you plenty of time to tell the osteopath about your problem, followed by a comprehensive examination to determine the best solution. The osteopath will explain in detail what has gone wrong, the treatment that is required, and how long your recovery will take.

If treatment other than osteopathy is indicated you will be referred to the most appropriate source of help.

If you are unsure about anything the Osteopath has told you, please ask him to explain further. For the osteopath to examine you properly it will be necessary to remove some items of clothing. This usually means to your underwear

The treatment

Osteopathic treatment consists of gentle manipulation and stretching of the muscles, ligaments and joints. Treatment is not painful and rarely uncomfortable, although patients may experience some discomfort for a while after treatment.

As part of your treatment, exercises or simple medication may also be recommended. Advice will be given on how to speed up your recovery and reduce risk of recurrence. Assessment and treatment are based on the best and most up-to-date medical evidence.

Subsequent visits

These are generally shorter than the initial consultation and will be arranged, as far as possible, to suit your domestic convenience.

Other considerations

We can provide medical reports, but usually only at the request of your doctor or solicitor; these reports are charged separately

Common problems

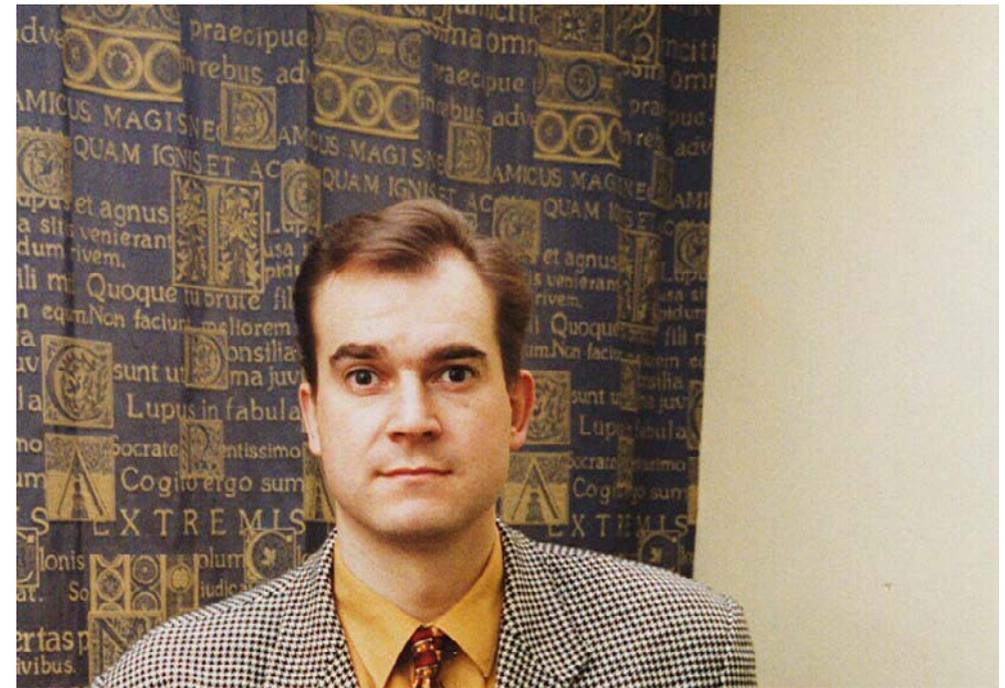
The following is a list of some common problems treated by osteopaths. The list is by no means complete and if you have any further queries, please telephone for further advice.

Areas of musculo-skeletal pain

[low back](#)
[neck](#)
[sciatica](#)
[upper back hip](#)
[limb joints \(elbow, shoulder, ankle, knee etc.\)](#)

Specific conditions

[osteoarthritis](#)
[rheumatism \(muscular pain\)](#)
[whiplash injuries](#)
[frozen shoulder](#)
[sports injuries](#)
[disc problems](#)
[headaches](#)
[tennis elbow](#)



Robert D. Clarke DO DN osteopath and naturopath

Robert is an osteopath and naturopath, he graduated from the British College of Naturopathy and Osteopathy in 1991. Since then he has worked in a busy practice in Huddersfield for 5 years, before moving to Scotland in 1996 to set up the Good Health Centre.

He has contributed to two international textbooks on back pain as well as winning the National Back Pain Association gold medal for original research. Robert has also written a number of magazine articles and newsletters on nutrition and herbal medicine.

As a member of the Spinal Research Unit of Huddersfield University, Robert has been

involved in some of the latest research into back pain, the results of which have been published in peer reviewed scientific journals such as Spine.

Three years ago Robert completed a course on myo-facial acupuncture, for the treatment of musculo-skeletal injuries, which he has found to be a very useful adjunct to his osteopathic skills.

2 ettrick walk, town centre
cumbernauld G67 1NE
01236 781958