

## Q&A

### **What should I wear?**

As with any medical examination, you will probably be asked to undress to your underwear, so please wear something you are comfortable in.

### **Can I bring a friend or relative?**

Yes – if you wish, you can have someone present throughout your consultation and treatment.

### **Does it hurt?**

Some soft tissue treatment may cause discomfort during treatment. Your osteopath will tell you what to expect, and will want you to let them know if you are in pain. You may feel stiff or sore after treatment. This is a normal, healthy response to the treatment.

### **Do I need to see my doctor first?**

You do not need to see your doctor first if you are paying for your own treatment. However, some insurance companies require you to see your doctor first. Osteopathy is available on the NHS in some areas – and national guidelines say it should be available everywhere for low back pain.

### **How much does treatment cost?**

The costs of treatment vary from practice to practice and across the country – make sure you ask before booking.

### **How many treatments will I need?**

The number of treatments you need depends on the condition and person we are treating. We aim to keep your appointments to a minimum. Your osteopath will be able to tell you within a short period of time whether they can treat you or if they need to refer you to someone else.

## Conditions we treat

### **The most common conditions that we treat are:**

- back and neck pain
- shoulder and arm problems
- pelvis, hip and leg problems
- sports and other injuries

However, patients have found osteopathy helpful for many other conditions. If you want to find out more, any osteopath will be happy to talk to you.



### **British Osteopathic Association**

- is the professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK

[www.osteopathy.org](http://www.osteopathy.org)

Tel. 01582 488455



### **The General Osteopathic Council**

- regulates osteopathy in the UK
- promotes patient safety
- sets, maintains and develops standards of osteopathic practice and conduct

[www.osteopathy.org.uk](http://www.osteopathy.org.uk)

Tel. 020 7357 6655

Contact your local practitioner or access the above websites for further information.



### **Cambourne Osteopaths**

Within Monkfield Medical Practice  
Sackville House, Sackville Way  
Great Cambourne  
Cambridgeshire CB23 6HL  
Tel: 01954 28 28 20

[www.camborneosteopaths.com](http://www.camborneosteopaths.com)

# Osteopathy & Pregnancy



## Osteopathy and you

Osteopaths consider each person as an individual. Utilising gentle techniques they will work with your body to create the perfect conditions to encourage the healing process.

[www.osteopathy.org](http://www.osteopathy.org)



# Osteopathy & Pregnancy

## Professionalism and safety

To qualify, an osteopath must study for four to five years for an undergraduate degree. This is similar to a medical degree, with more emphasis on anatomy and musculoskeletal medicine and includes more than 1,000 hours of training in osteopathic techniques. By law, osteopaths must register with the General Osteopathic Council (GOsC). It is an offence for anyone to call themselves an osteopath if they are not registered.

The British Medical Association's guidance for general practitioners states that doctors can safely refer patients to osteopaths.

[www.osteopathy.org](http://www.osteopathy.org)

### Common symptoms

Low Back Pain and Pelvic Pain are common in pregnancy. Figures vary from as low as 25% in one study compared to as high 80% in another.

Conditions which women who are pregnant commonly complain of include:

*Generalised muscular back pain*

*SPD (Symphysis Pubis Dysfunction) – pain or discomfort in the joint at the front of the pelvis*

*Sacro Iliac Joint pain – presenting as pain in the lower back*

*Sciatica and leg pain associated with back pain*

*Rib and thoracic spinal pain leading to breathlessness and difficulty in deep breathing*

*Neck aches and headaches of a mechanical nature.*

Some common treatments for musculoskeletal aches and pains, such as drugs, physiotherapy and exercise, are not always suitable for pregnant women. Osteopathy offers a safe and effective way of dealing with these common conditions.

### Examination and treatment

Every patient undergoes a unique examination process. This begins with an extensive case history and an obstetric case history to see if she is suitable for treatment in this way.

Then following a physical examination she may be offered osteopathic manual therapy to address not only the tissues causing symptoms but why she in

particular has the problems and why it has shown itself when it does. Then once the pain begins to subside she may well be offered maintenance treatment to address the areas of her body and spine that are going to change during the coming months. If attention is paid to facilitate this normal physiological change, then the change can take place with the minimum of stress and discomfort leading to a more natural and easy pregnancy.

She will then usually be offered a post natal check at six weeks after she has been discharged from the obstetrician or midwife to assess that mechanically, things have returned to normal.

### Remember

- Take particular care when lifting and carrying especially lifting or carrying other children. Do not carry a small child on one hip for any length of time
- If you stand for any length of time, keep your bottom 'tucked' in to reduce strain on the lower part of your spine and maintain equal weight on both legs. Sit down when dressing to avoid standing on one leg
- When sitting, adopt a good sitting posture that supports your back, thighs and feet, use a cushion for support and don't sit with your legs crossed
- When lying on your side, place a pillow under the 'bump' and a pillow between your knees to provide support. When lying on your back, place pillows beneath your knees to keep them bent
- Keep your knees together when getting in and out of the car, turning in bed and getting in or out of bed.