

Osteopaths Stress Importance of Health in the Work Place

Submitted by: VP Communications

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24th/25th February the British Osteopathic Association (BOA) is at the Health and Wellbeing@ Work exhibition, NEC in Birmingham.

London, 24th February 2009, An estimated 12.3 million working days are lost every year through work-related health problems. With the current economic downturn people are increasingly aware of the need to prove their own efficiency in the work place and their health may be suffering. Long hours sat at a desk hunched over the computer screen can in the long term cause more problems than just the initial aches and pains.

The Health and Wellbeing@ Work exhibition is aimed at HR and occupational health professionals, rehabilitation and therapy specialists, disability employment advisors and other professionals responsible for the environment, health and wellbeing of work-aged people. The BOA discusses the many benefits of osteopathy and is giving a seminar on the positive results of an osteopathic practices contract with a local NHS mental health trust to treat its employees and presenting two interactive workshops on, 'Looking after backs in the workplace' and 'How to sit, stand and move ergonomically'.

Kelston Chorley, Osteopath and Head of Professional Development at the BOA says, "I see many cases of chronic neck, shoulder and back pain, often due to people's working patterns and poor posture – I recommend my patients re-evaluate their work stations as a matter of urgency and take vital regular movement breaks throughout the day as a way to combat these problems. Work place conditions and employee's health should be at the top of the employers agenda as a sure fire way to stimulate profits."

Osteopathy is an approach to healthcare that emphasises supporting the body's own healing processes. Treatment usually consists of a combination of soft-tissue releasing techniques, and some specific adjustments affecting joints, muscles, tendons and ligaments. Advice can also be given on self-help treatments. An osteopath will take a full case history so they can understand how the body has been affected by the patient's particular illness. Then, after a full examination and assessment the osteopath will be able to offer treatment and advice or refer them to another medical practitioner if necessary. Treatments usually last up to half an hour, and normally between two and six sessions are required. Many patients decide that they would like to have periodic preventative treatments to avoid recurring problems.

Osteopathy, a statutorily-regulated primary healthcare profession, offers the potential to drastically reduce the total number of chronic sufferers of pain by treating patient injuries without the need for surgery or ongoing medication.

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About the British Osteopathic Association

The British Osteopathic Association (BOA) is the professional association for osteopaths in the UK,

acting as an independent representative body whilst promoting the highest standards of osteopathic education and research. Established in 1998 the BOA is committed to supporting, protecting and caring for its members and promoting opportunities for individual and professional development in osteopathic practice. There are nearly 4,000 osteopaths on the UK register, with over 3,000 of these affiliated to the British Osteopathic Association, who carried out over seven million treatments last year. For more information and to search for an osteopath, visit the website www.osteopathy.org

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