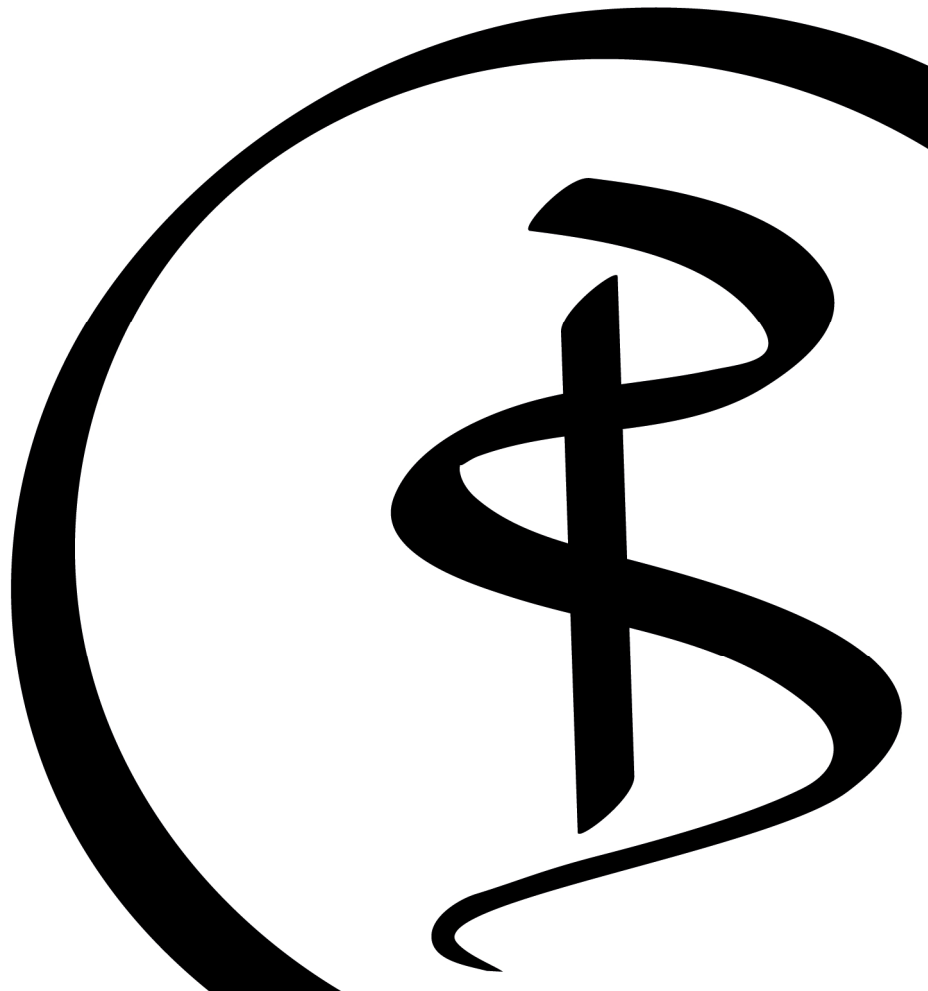




THE BRITISH SCHOOL OF OSTEOPATHY

# Research and Scholarship Report 2009-2010



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# **Introduction and overview**

## ***Report from Vice Principal (Research and Quality)***

Welcome to the BSO's Research Report for 2009–2010.

In 2010 the BSO launched its 5 year strategic plan for 2010-15, which has as one of its underpinning core values the drive to foster a culture of critical enquiry, scholarship and research, which will contribute to the future of the osteopathic profession in the UK. As part of our plans we have been reviewing the role of evidence based clinical guidelines in our delivery of education and clinical services. We have initiated plans to audit our clinical work and have appointed a clinical audit officer. The School is delighted to be participating in an audit of our care for people with back pain led by the Research Institute for Primary Care and Health Sciences Research at Keele University.

This report details the research activity of the BSO during 2009-10, including grants we have been successful in obtaining, publications and presentations by faculty and students, and a list of undergraduate dissertations. We also report on the development of our portfolio of postgraduate courses which aim to support our staff in their research development, as well as developing staff more widely in the field of manual medicine. We have made considerable progress in working with colleagues in other healthcare professions and this multidisciplinary collaborative approach to research will remain a central focus in the future.



Steven Vogel  
Vice Principal (Research and Quality)

## Research

One of the current major pieces of research activity at the BSO is the Clinical Risk Osteopathy and Management Study (CROaM), which commenced in 2009. The project is funded by the General Osteopathic Council and the award is being managed by the National Council for Osteopathic Research.



This study is a two year project which will begin to address the gap in knowledge about adverse events and short lived treatment reactions. It will also describe outcomes immediately after treatment and at six weeks related to osteopathic interventions. This is being explored through questionnaires to osteopaths and patients followed by in-depth interviews with selected patients and osteopaths. The project is led by Steven Vogel (BSO Vice Principal, Research & Quality) and strengthens existing collaborations with co-applicants from Barts and The London, School of Medicine and Dentistry, Royal Holloway, University of London and Warwick Medical School. The study has involved many staff at the School. Tom Mars (Research Fellow), Sam Keeping (Research Administrator), and Myles King (Analyst Programmer) have worked tirelessly to develop ICT and practical solutions to survey the UK osteopathic profession and produce 10,000 patient questionnaires. Data processing and management of returned survey instruments have also been effectively managed by the research team. The study is due to be completed in August 2011.

Steven Vogel is also an external collaborator on a National Institute for Health Programme Grant which is held by the Primary Care Musculoskeletal Research Centre, University of Keele. This programme of work is investigating the optimal management of spinal pain and sciatica in primary care.

Kevin Brownhill (Research Fellow) has successfully submitted his PhD on Spinal Motion Patterns in Intermittent Idiopathic Low Back Pain and is making minor amendments to the thesis.

The research team continues to produce the four times yearly Research and Treatment Bulletin (RTB), reviewing and summarising selected recent research relevant to osteopathic practice. Paul Blanchard, Research Fellow and Senior Clinical Tutor, leads on production of the RTB. Originally for faculty, it has found a wider audience and is now an integral part of the International Journal of Osteopathic Medicine (IJOM), published by Elsevier, of which Steven Vogel is one of the three editors. Leading papers published in the field of musculoskeletal and manual therapies are reviewed by a pool of writers, who submit summaries with comment on implications for research and practice. Since moving to a wider audience through IJOM, the number of reviewers has expanded from a core of BSO staff to include osteopaths in practice as well as international osteopathic education colleagues and practitioners.

Faculty are actively recruited to contribute to this and papers are suggested that relate to their areas of teaching practice. This process is used as an opportunity for staff to develop their academic writing skills. During 2010 seven new writers joined the team, four external to the BSO. New research papers from clinical trials in back pain, occupational health and ergonomics, educational issues and psychosocial factors in the development and recovery of back pain and meeting reports were included this year. We are pleased to support and lead this initiative which is particularly useful in introducing critical review and journal writing to members of the profession. RTB is also used as a resource within the BSO for keeping staff up to date with research affecting the practice of osteopathy.

## ***Postgraduate portfolio and continuing professional development***

This academic year has seen the successful validation by the University of Bedfordshire of our Professional Doctorate in Osteopathy (D.Ost). This award, which is the first of its kind, sets a new level of osteopathic scholarship. It will give doctoral students the opportunity to work at the cutting edge of osteopathic theory and practice and to make their own original contribution to osteopathy. The D.Ost is led by the BSO's Dean of Osteopathic Education, Professor Stephen Tyreman, the first UK University-appointed osteopathic professor.

We have achieved validation from the University for a Postgraduate Certificate in Research Methods, led by a new member of faculty, Jorge Esteves (Head of Postgraduate Studies and Student Research). This course is designed to support the professional development of osteopaths and other manual medicine practitioners as academics and/or researchers. These programmes draw applicants from the UK and overseas and are also targeted to BSO staff. Developing BSO staff through such programmes builds on achievements such as recent awards to staff in MA Medical Education, MA Education and MSc Paediatric Osteopathy programmes.



In addition to these programmes the BSO's portfolio of CPD courses provides opportunities for osteopaths and other healthcare professionals to keep up to date with the knowledge base and refine their skills in specialised areas of practice.

Our annual Staff & Faculty Weekend is an important part of our staff development and scholarship activity. Our 2010 programme included a keynote on sub-grouping patients with low back pain in primary care from Dr Jonathan Hill from Keele University. There was a focus on giving effective feedback to students through workshop sessions, and presentations on innovative modes of teaching and learning being implemented at the BSO.



Reflective practice and peer review are key activities associated with continuing professional development. This year the School has rolled out its pilot of 360 appraisals, which integrates

existing peer observation of teaching practice into the appraisal process. All members of faculty are encouraged to engage in research and scholarship activity. Examples this year include research investigating students' opinion regarding the effectiveness of the Osteopathic Concepts in a Clinical Setting (OCCS) unit in preparing them for autonomous clinical praxis and competence examination, which Frank Vincent (Area of Studies Manager for OCCS) carried out. The results of this study were presented at international conferences and informed the delivery of this course at the BSO. In the Osteopathic Practice (OP) area, faculty member Tim Oxbrow taught a range of CPD courses in relation to pain in clinical practice which have drawn on the latest evidence informed data underpinned by national and international guidelines in clinical practice. This has influenced the teaching of patient management extensively and is playing a key part in the BSO's development and teaching of clinical decision making across the curriculum.

## **Conferences**

The Chiropractic Osteopathy Physiotherapy (COP) conference is an annual multi-disciplinary undergraduate/new graduate conference, which we run in partnership with the Anglo European College of Chiropractic (AECC). This unusual collaboration brings together chiropractic, osteopathy and physiotherapy students, new graduates, teaching faculty and clinicians for a one day research conference. It gives recent dissertation students the opportunity to share their work with colleagues in a multi-professional forum.



Photo courtesy of AECC  
Above left: Steven Vogel and overall prize winner Bert Ameloot.

The 2010 conference was held at the AECC and had 85 attendees. The conference heard 32 presentations by students from as far afield as Spain and France representing six different colleges: the AECC and the BSO, as well as the European School of Osteopathy, L'Ecole IdHEO, the London School of Osteopathy and the McTimoney College of Chiropractic. Two of the three prizes were awarded to recent BSO graduates. Next year's event will be hosted by the BSO.

Over 100 delegates and speakers attended the BSO's first Osteopathy and Sports Conference in October 2010, which was held in collaboration with the Osteopathic Sports Care Association (OSCA). Reflecting the increasing importance and profile of sports in the build up to the 2012 Olympic Games, delegates were given the opportunity to find out more about how osteopathy can support professional and amateur sports people alike. Three workshop streams structured the main part of the conference.





The first stream focused on acute and chronic injuries in sport, and their treatment. The second workshop stream involved looking at goal setting and visualisation, stress and managing expectations for athletes returning to training. The final workshops focused on rehabilitation, in particular the knee as an area commonly causing problems for sports men and women. Keynotes and debate sessions looked at the importance of managing core stability to deal with back pain for sports men and women and performance enhancement and injury prevention in rowing and football.

### ***Academic and research links with other organisations***

The BSO is an accredited college of the University of Bedfordshire. In addition to the delivery and approval of programmes of study, members of the BSO faculty sit on University of Bedfordshire committees. These include the Academic Board and the Teaching Quality Standards Committee.

The BSO has Memoranda of Understanding with London Southbank University, the A T Still University, Kirksville, USA, the Anglo-European College of Chiropractic and the Nordic Academy of Osteopathy. These collaborations aim to enhance education, scholarship and research.

This year, the Arthritis Research UK has continued to use a member of faculty to take part in its Clinical Studies Group.

The School has active research collaborations with the following universities and departments:

- Arthritis Research Campaign National Primary Care Centre, Primary Care Sciences, Keele University.
- Department of Psychology, Royal Holloway, University of London.
- Health Sciences Research Institute, University of Warwick.
- Institute for Musculoskeletal Research and Clinical Implementation, Anglo-European College of Chiropractic.
- Institute of Health Sciences Education, Barts and The London, University of London.

The School has formal links with L'Institut Supérieur d'Ostéopathie de Lyon, France and the Osteopathie Akademie Munchen, Munich, Germany. We contribute to the delivery of some practical osteopathic skills lecturing and some consultancy on course development.

## ***Core research and teaching staff***

**Hillary Abbey, DO, MSc, PgDip, PgCert**  
Senior Osteopathic Lecturer

**Paul D Blanchard, DO, PGDip**  
Senior Clinical Tutor; Research Fellow; Director - Chapman Clinic

**Kevin Brownhill, BSc (Ost)**  
Lecturer in Statistics, Research Fellow

**Jorge Esteves , MA (Ed), BSc(Ost), DO, PgCTHE, PgDip Ed (HE), FRSM, FHEA**  
Head of Postgraduate Studies & Student Research

**David Evans, PhD, BSc (Hons) Ost**  
Honorary Research Fellow

**Sam Keeping, BSc (Hons)**  
Research Administrator

**Thomas Mars, B.Ost. B.Ed. M.A**  
Research Fellow

**Lorraine Nanke, BSc (Hons), MSc Clin Psych, PhD**  
Lecturer in Research Methodology

**Tamar Pincus BSc (Hons), MSc, MPhil, PhD**  
Associate Professor

**Stephen Tyreman DO, MA, PhD**  
Professor of Osteopathy and Philosophy, Dean of Osteopathic Education and Development

**Steven Vogel, DO**  
Vice Principal (Research and Quality)

**Melanie Wright, BSc (Hons), PhD**  
Critical Analysis and Enquiry Unit Team Member, Student Learning Advisor



# **Publications and presentations**

# Publications

## *Full papers*

**2010**

**Esteves, J.E.** and Spence, C. (2010) Am I imagining things? Eye closure during palpation improves diagnostic consistency in experienced osteopaths. *BMC Musculoskeletal Disorders* [under review].

**Evans DW.** (2010) Why do spinal manipulation techniques take the form they do? Towards a general model of spinal manipulation. *Manual Therapy*. 15(3) p. 212-9.

**Evans, D. W., Breen, A. C., Pincus, T., Sim, J., Underwood, M., Vogel, S.** and Foster, N. E. (2010) The effectiveness of a posted information package on the beliefs and behavior of musculoskeletal practitioners: The UK chiropractors, osteopaths, and musculoskeletal physiotherapists low back pain management (COMPLeMENT) randomized trial. *Spine*. 35(8) p. 858-866.

**Evans DW,** Lucas N. (2010) What is 'manipulation'? A reappraisal. *Manual Therapy*. 15(3) p. 286-91.

**Mars, T. S. and Abbey, H.** (2010) Mindfulness meditation practise as a healthcare intervention: A systematic review. *International Journal of Osteopathic Medicine*. 13(2) p. 56-66.

**Pincus. T,** Smeets R.J., Simmonds, M.J., Sullivan, M,J. (2010) The fear avoidance model disentangled: improving the clinical utility of the fear avoidance model. *Clin J Pain*. Nov-Dec. 26(9) p. 739-46.

**Pincus, T., Woodcock, A. and Vogel, S.** (2010) Returning back pain patients to work: How private musculoskeletal practitioners outside the national health service perceive their role (an interview study). *Journal of Occupational Rehabilitation*. 20(3) p. 322-330.

**Tyreman, S.** (2010) Values in complementary and alternative medicine. *Health Care and Philosophy*; December. doi: 10.1007/s11019-010-9297-5

**Tyreman, S.** (2010) Musings on functional disorders: Commentary on Medically unexplained symptoms and the siren "psychogenic inference". *Philosophy, Psychiatry and Psychology*. 17(4) p. 301-303

Savigny P, Kuntze S, Watson P, Underwood M, Ritchie G , Cotterell M, Hill D, Browne N, Buchanan E, Coffey P, Dixon P, Drummond C, Flanagan M, Greenough,C, Griffiths M, Halliday-Bell J, Hettinga D, **Vogel, S.,** Walsh D. (2009) Low Back Pain: early management of persistent non-specific low back pain. *London: National Collaborating Centre for Primary Care and Royal College of General Practitioners.*

**2009**

**Blanchard, P.** (2009) A descriptive account of the development of an osteopathic service within a hospital HIV day care centre. *International Journal of Osteopathic Medicine*. 12 p.97-99.

**Blanchard, P.** (2009) HIV-infection and osteopathy. *International Journal of Osteopathic Medicine*. 12 p. 115-120.

Rusu, A. C., **Vogel, S.**, Van der Merwe, J., Pither, C. and **Pincus, T.** (2009) Testing the schema enmeshment model of pain (semp): cognitive biases, depressed mood and future thinking in chronic pain. *European Journal of Pain*. 13 (Supplement 1) p. 139.

## ***Journal paper reviews***

### **2010**

**Abbey, H.** (2010) Psychological obstacles to recovery in low back pain patients may be distinct. *International Journal of Osteopathic Medicine*. 13 p. 74-75.

**Abbey, H.** (2010) Are the sufferers of back pain and their treaters divided by a common language?. *International Journal of Osteopathic Medicine*. 13 p. 32.

**Chippendale, E.** (2010) The course of chronic and recurrent low back pain in the general population. *International Journal of Osteopathic Medicine*. 13 p. 166.

**Chippendale, E.** (2010) The osteopathic treatment of constipation in children with cerebral palsy. *International Journal of Osteopathic Medicine*. 13 p. 31.

**Draper-Rodi, J.** (2010) Learning spinal manipulation skills: assessment of biomechanical parameters in a 5-year longitudinal study. *International Journal of Osteopathic Medicine*. 13 p. 168.

**Draper-Rodi, J.** (2010) Expanding the evidence base for osteopathic medicine – lymphatic pump treatment, the lymphatic and immune systems. *International Journal of Osteopathic Medicine*. 13 p. 99.

**Draper-Rodi, J.** (2010) Does the structure of lumbar connective tissue alter in those with chronic low back pain? *International Journal of Osteopathic Medicine*. 13 p. 75-76.

**Lansman, R.J.** (2010) Is knee osteoarthritis associated with changes in ankle mechanical stability? *International Journal of Osteopathic Medicine*. 13 p. 76.

**Walker, S.** (2010) Massage and mobilisation of the feet and ankles in elderly adults: Effect on clinical balance performance. *International Journal of Osteopathic Medicine*. 13 p. 101-102.

**Wiggins, F.** (2010) Assessment of clinical components of physiotherapy undergraduate education: are there any issues with gender? *International Journal of Osteopathic Medicine*. 13 p. 77.

**London, S.** (2010) Constructing a masters level practice in manipulative physiotherapy. *International Journal of Osteopathic Medicine*. 13 p. 78.

### **2009**

**Abbey, H.** (2009) Doctors with a special interest in back pain have poorer knowledge about how to treat back pain. *International Journal of Osteopathic Medicine*. 12 p. 150-154.

**Blanchard, P.** (2009) Lumbar facet joint osteoarthrosis common, but not associated with low back pain. *International Journal of Osteopathic Medicine*. 12 p. 106-109.

**Blanchard, P.** (2009) Almost half of young adults have evidence of disc degeneration and other discal pathologies on lumbar MRI. *International Journal of Osteopathic Medicine*. 12 p. 150-154.

**Evans, D.W.** (2009) More data on the audible 'click' associated with joint manipulation. *International Journal of Osteopathic Medicine*. 12 p. 38-43.

**Evans, D.W.** (2009) Association between adverse events and outcome for neck pain in a prospective study of chiropractic care. *International Journal of Osteopathic Medicine*. 12 p. 69-71.

**Evans, D.W.** (2009) More evidence to support the treatment of spinal regions distant from the site of pain. *International Journal of Osteopathic Medicine*. 12 p. 106-109.

**Greenwood, H.** (2009) Does chiropractic treatment influence the course of infantile colic? *International Journal of Osteopathic Medicine*. 12 p. 69-71.

**Parry, C.** (2009) Is the response to chiropractic manipulation of the neck predictable? *International Journal of Osteopathic Medicine*. 12 p. 38-43.

**Searle-Barnes, P.** (2009) The influence of musculoskeletal function on respiratory function variables. *International Journal of Osteopathic Medicine*. 12 p. 38-43.

**Searle-Barnes, P.** (2009) Self and manual mobilisation improves spine mobility in men with ankylosing spondylitis. *International Journal of Osteopathic Medicine*. 12 p. 150-154.

**Spencer, A.** (2009) Mothers' perceptions of the healthcare of children diagnosed with ADHD and receiving treatment aimed at improving motor function within a chiropractic clinic. *International Journal of Osteopathic Medicine*. 12 p. 150-154.

**Vogel, S.** (2009) Abnormal cranial rhythmic impulse rates associated with excessive crying of infancy or are they? *International Journal of Osteopathic Medicine*. 12 p. 106-109.

**Walker, S.** (2009) How often is low back pain not coming from the back? *International Journal of Osteopathic Medicine*. 12 p. 150-154.

**Waters, M.** (2009) Can physical characteristics of the back be predictive of low back pain in healthy workers? *International Journal of Osteopathic Medicine*. 12 p. 69-71.

## ***Published abstracts and editorials***

### **2010**

**Podmore, W.** (2010) Historical perspectives: Human nature in the existentialist tradition, in particular in the writings of Martin Heidegger. *European Conference on Philosophy of Medicine and Health Care*. 24 p. 54-55.

**Vogel, S.** (2010) Adverse events and treatment reactions in osteopathy. *International Journal of Osteopathic Medicine*. 13(3) p. 83-84.

## 2009

Rusu, A.C. **Vogel, S.** Van der Merwe, J. Pither, C. **Pincus, T.** (2009) Testing The Schema Enmeshment Model Of Pain (Semp): Cognitive Biases, Depressed Mood And Future Thinking In Chronic Pain, *European Journal of Pain*. 13(1) p. 139.

**Pincus, T.** (2009) Cognitive Bias In Chronic Pain, *European Journal of Pain*. 13(1) p. 21.

**Vogel, S.** (2009) NICE clinical guidelines. Low back pain: The early management of persistent non-specific back pain. *International Journal of Osteopathic Medicine*. 12 p. 113-114.

Vlaeyen, J. **Pincus, T.** Linton, S. (2009) Topical Seminar Summary: Pain-Related Fear In Chronic Pain, *European Journal of Pain*. 39.

## **Research reports**

### 2010

Gabb, R., Vaughan, B., Sullivan, V., Gosling, C., McLaughlin, P., Fryer, G., **Wolff, M.** (2010) Alternative models of assessment of overseas-qualified osteopaths for their suitability to practise in Australia.

## Presentations

### *Keynote presentations*

#### 2010

**Esteves, J.E.** and Spence, C. (2010) Investigating how osteopaths use their senses in the diagnosis of somatic dysfunction. *1<sup>st</sup> Jornadas Lusofonas Osteopatia e Saude*. Portugal. November 2010.

**Hunt, C.** (2010) Current challenges in osteopathy in today's world. *Osteopathic International Alliance*. San Francisco, USA.

**Tyreman, S.** (2010) Osteopathic and Allopathic Diagnosis: Time to Rethink? *Osteopathic International Alliance*. San Francisco, USA.

**Vogel, S.** (2010) Persistent Non-Specific Back Pain Management – Review of Recent NICE Guidance. *Primary Care*. NEC, Birmingham.

**Vogel, S.** (2010) Academic, professional and scientific osteopathic developments in the UK *1<sup>st</sup> Jornadas Lusofonas Osteopatia e Saude*. Portugal.

#### 2009

**Vogel, S.** (2009) How to get published. *Chiropractic, Osteopathy and Physiotherapy, moving forward through research 7<sup>th</sup> annual conference*. Bournemouth.

**Pincus, T.** (2009) Cognitive Bias in Pain. *European Congress of Pain*. Lisbon, Portugal.

**Vogel, S.** (2009) NICE guidelines for Low Back Pain. Musculoskeletal Research into Practice. *Keele University and West Midlands North Comprehensive and Primary Care Research Networks*. Stafford.

### *Platform presentations*

#### 2010

**Esteves J.E.** and Spence, C. (2010) Investigating the role of vision and touch in the diagnosis of somatic dysfunction. *International Conference on Advances in Osteopathic Research*; Italian College of Osteopathic Medicine. Milan, Italy.

Mayall, C. and **Esteves J.E.** (2010) Emotional processing and its contribution to chronic lower back pain – a pilot study. *International Conference on Advances in Osteopathic Research*. Italian College of Osteopathic Medicine, Milan, Italy.

**Tyreman, S.** (2010) Integrity: Is it still relevant to modern health care? *European Society for Philosophy & Health care*. Zagreb, Croatia.

#### 2009

**Browning, S.** (2009) Teaching osteopathic students technique; using research to identify good teaching practice. *OSEAN [Osteopathic European Academic Network]*. Vienna, Austria.

**Hunt, C.** (2009) B.Ost to Integrated Masters. *Osteopathic International Alliance*. Sydney, Australia.

**Tyreman, S.** (2009) Integrity in Health Care. *Think About Health*; Nottingham University, Nottingham.

**Vincent, F.** (2009) Osteopathic Concepts in a Clinical Setting: An investigation into students' opinion regarding the effectiveness of the course. *OSEAN [Osteopathic European Academic Network]*. Vienna, Austria.

**Vogel, S.** (2009) Research teaching and ethics. *OSEAN [Osteopathic European Academic Network]*. Vienna, Austria.

**Vogel, S.** (2009) Research informed teaching – low back pain and work. *OSEAN [Osteopathic European Academic Network]*. Vienna, Austria.

## ***Poster presentations***

### **2010**

**Esteves J.E.** and Spence, C. (2010) Eyes closure during a clinical examination reduces diagnostic variability in experienced osteopaths. *International Multisensory Research Forum*. University of Liverpool, Liverpool.

# **Supervisors and areas of interest**

## ***Research supervisors & areas of interest***

### **Abbey, Hilary.**

Psychosocial factors in manual therapy; therapeutic relationships; clinical and patient management/practice issues; and osteopathic concepts.

### **Barker, Greg.**

Nutrition; general aspects of osteopathy.

### **Blanchard, Paul.**

Peripheral neuropathy in HIV; diabetes; neurology; clinical practice; psychosocial issues.

### **Brownhill, Kevin.**

Physical measurement; back and spinal motion.

### **Browning, Simon.**

Ergonomics, exercises for patients, core stability, computer based learning, differential diagnosis, technique and effects on tissues (HVT/MET/ST), teaching palpation.

### **Calvert-Painter, Ben.**

Sports injuries; tapping and strapping; core stability; HVT; the manual and physiological effects of manipulation and mobilisation; stretching; rehab exercises; orthopaedics; myofascial acupuncture and trigger point.

### **Chippendale, Emma.**

Pain scales (accuracy); HIP mobility & dancers; HIV; paediatrics; musicians injuries; pain; patient management; psycho-social issues/osteopathic concepts; ergonomics in the work place and any other experimental research.

### **Coles, Alan.**

Sports science (experimental).

### **Collins, Martin.**

The physiological basis of osteopathy; the history of osteopathy.

### **Conway, Penny.**

Prenancy and childbirth. Palpation. Health care ethics.

### **Cooke, Simon.**

Investigating relationships between body areas; basic philosophical principles of Osteopathy and what separates it from other forms of treatment.

### **Davies, Tracy.**

Children and the elderly; sport science.

### **Durant, Alison.**

Osteopathic technique; the mechanisms behind osteopathic techniques; soft tissue techniques.

### **Edis, Jonathan.**

The history and philosophy of osteopathy.

### **Esteves, Jorge.**

Clinical reasoning/uncertainty, development of professional expertise, diagnostic palpation/multisensory integration, fencing and athletics injuries (incidence and osteopathic management), neuroscience of pain, body representation/medically unexplained symptoms/emotional processing in back pain.

### **Gill, Kevin.**

Nutrition; sports science; sports injuries; rehabilitation stretches; practice and business management.

### **Gupta, Bob.**

Clinical/ processes & delivery of care; interventions.

### **Humphreys, Stephen.**

Ergonomics in the workplace.

### **Keeping, Sam.**

Cost effectiveness analysis in healthcare; health policy.

### **Kinch, Ceira.**

Osteopathy in general; sports; psychology.

### **Lay, Andrew.**

Biomechanics and tissue response.

### **Lansman, Robin.**

Rehabilitation; muscle physiology; knee pain; runners; blood flow; sports injuries; stretching; educational; GP professional communication skills; interpersonal values.

**Leighton, Chris.**

Orthopaedics; rheumatology and neurology; osteopathic technique.

**Levitan, Ruth.**

Cranial osteopathy, children, retention of primitive reflexes, ADHD and autism.

**London, Simeon.**

Clinical audit; clinical practice; governance; the patient experience; quantitative studies.

**McCoy, Robert.**

Osteopathic treatment with the elderly; projects using new measuring equipment.

**Morrison, Rebecca.**

Osteopathic technique, sports injuries & rehabilitation, pedagogy

**Oxbrow, Tim.**

Integrating evidence into practice, pain processes and management, biopsychosocial approaches.

**Podmore, Will.**

History; ethics; philosophy.

**Propert, David.**

Paediatrics; functional medicine; diagnosis.

**Rodi, Jerry.**

Practical osteopathic skills.

**Robinson, Helen.**

Dry needling; expectant mothers; anything experimental with quantitative data analysis.

**Scheibelhoffer, Ida.**

Posture; ergonomics; yoga; pilates; RSI.

**Scullard, Anna.**

Paediatrics and pregnancy; psychosocial consequences of health and disease; IVM.

**Simpson, Peter.**

Osteopathy and the NHS, TMJ disorders.

**Skudder, Richard.**

Headaches; TMJ dysfunction; clinical skills; muscle retraining.

**Spencer, Kieren.**

Breathing; cranial osteopathy.

**Stewart, Michael.**

Qualitative studies; attitudes; nutrition; heart disease.

**Tyremen, Stephen.**

Health care and philosophy on causation in clinical practice.

**Vincent, Frank.**

Concepts/principles; TTT of emotions type issues; importance of the diaphragm/respiration; depression; pain management.

**Vogel, Steven.**

Guidelines & evidence based practice; psychosocial factors in back pain-risk & identification; measurement of depression/anxiety in patients with persisting pain; musculoskeletal practitioners' attitudes & belief about back pain; work related issues; adverse events; prescribing & clinical outcomes; audit.

**Waters, Mark.**

Widening participation; communication with patients; perceptions of osteopathy; osteopathic education; collaborative learning.

**Wiggins, Francesca.**

Anatomy; application of osteopathy; interaction with patients; neurology.

**Wolff, Margaret.**

Professional regulation; professionalism and standards; ethics.

**Wright, Melanie.**

Biochemistry and metabolism; child and adult obesity research; patterns of human growth; statistical modelling.

# **Undergraduate Dissertations**

## ***M.Ost Dissertations***

### **Arnott, Natasha Lucie**

An investigation into the relationship between breast size, bra size and mechanical back pain.

### **Aydinc, Anna**

A review of clinical issues related to treatment of victims of torture for osteopaths and other manual practitioners.

### **Barfi, Laura Elizabeth**

A comparison of the opinions of new BSO patients and BSO students on osteopathic scope of care.

### **Bellani, Alessia**

A qualitative exploration of osteopaths' opinions and practices in relation to retained primitive reflexes in childrens with behaviour, postural development and co-ordination problems.

### **Bengough, Laura**

Barriers to UK osteopaths' involvement in the treatment of patients with life limiting illnesses.

### **Bhambra, Nandeep**

How do osteopaths gain the skills required to market their clinic effectively?

### **Black, Alexandria**

An investigation into the communication skills of BSO students.

### **Blum, Heidi**

Awareness and use of herbal medicine among UK osteopaths.

### **Bray, Rebecca**

Osteopaths' awareness, attitudes and referral behaviour with relation to the Alexander technique.

### **Brookes, Edward**

A randomized controlled experiment comparing functional technique with muscle energy technique on cervical rotation in asymptomatic students at the British School of Osteopathy.

### **Brown, Benjamin**

Still there? an exploration into the views, experiences and attitudes of faculty members at the British School of Osteopathy (BSO) towards the current curriculum.

### **Camm, Jason**

A retrospective cross-sectional cohort study investigating archival data of patients who attended the British School of Osteopathy Clinic in 2008.

### **Carslake, Rosamond**

An experimental study to assess the potential of ultrasound to explore the mechanical role of the thoracolumber fascia in spinal function.

### **Cartwright, Louise**

The effects of high heeled shoes on the cervical spine.

**Caskie, Clare**

A periodic investigation into hyperventilation and its relationship with physiological and psychological aspects of health in osteopathic patients.

**Chan, Kimberly Kit Ling**

Visceral osteopathy and low back pain: a qualitative study.

**Chandler, Stephen**

Questionnaire to establish professional racing drivers' current use of and attitude toward osteopathy .

**Charlton, Matthew**

Medical students as future gatekeepers to osteopathy. An exploration into medical students' perceptions and attitudes towards osteopathy.

**Chesters, Edward**

An experiment to measure the effects of articulation and soft tissue techniques on the sympathetic nervous system.

**Chooi, Billy**

Inter-examiner agreement of palpation for tissue texture change in the thoracolumbar spine (segments T1-L2).

**Clare, Katie**

An investigation into the hamstring to quadriceps strength ration and injury rowers

**Clift-Simpson, Tanya**

Hypermobility Syndrome. A Narrative Review.

**Coelho, Anne-Marie**

An investigation into osteopaths attitudes to psychosocial factors and screening questionnaires.

**Cox, Aimee**

What is the role of osteopathy in the treatment of patients with cancer?

**Cram, Dougal**

A comparative study of the demographic and health status variables between referred patients who did not attend and those that did attend the Ian Charleson Day Centre (ICDC) Osteopathic Clinic.

**Crockett, Suzanne**

The efficacy of osteopathic treatment for tension-type-headaches: a narrative review.

**Cuddigan, Denise**

The efficacy of manual therapy in the treatment of migraine: a systematic review.

**Dansoh, Sandra**

Does osteopathic treatment decrease anxiety levels in BSO patients?

**Davidson, Anja**

A survey of parent's opinions about factors which help or hinder children's participation in physical activity.

**Davis, Owen**

The effects of joint manipulation and mobilisation techniques following grade i and grade ii ankle inversion sprains (a systematic review).

**de Maigret, Olivia**

A comparison of the demographic profile between French and English patients visiting osteopathic schools.

**Downing, Charlotte**

British School of Osteopathy clinic tutors' opinions about the concept and application of trigger point therapy.

**Dufour, Annik**

An osteopathic approach to psychosocial factors.

**Eccles, Lee**

The relationship between anxiety and pain in the lumbar region. A narrative review.

**Edwards, Penny**

The implementation of evidence-based practice guidelines for low back pain into the osteopathic profession.

**Emslie, Sarah**

A qualitative interview study into older adults' perceptions of ageing and health.

**Evans, Stephen**

Investigation into the prevalence of HIV associated neuropathic pain experienced by patients who attended the Ian Charleston Day Centre, the Royal Free Hospital, London during October 2009.

**Faithfull, Laura**

A qualitative investigation into osteopathic approaches to treating rock climbing injuries.

**Gammell, Stephanie**

A quantitative investigation into levels of empathy in qualified osteopaths and undergraduate students from the British School of Osteopathy.

**Garnes, Justine**

A quantitative study to determine the inter-rater reliability between final year students at the British School of Osteopathy (BSO).

**Gillitt, Julie-Ann**

Access to osteopathy for people with physical and/or learning disabilities, a carer perspective.

**Harvey, Lee**

Setting up in private practice: a comparison of the attitudes and experiences of osteopaths and chiropractors in the UK.

**Herzig, Maureen**

An investigation into the profile of osteopaths practising in Switzerland.

**Hills, Lara**

An experimental study into the effects of stimulation to the sympathetic supply to the lungs as measured by Peak Expiratory Flow Rate.

**Hogan, Geoff**

Can a HVT applied to the CT junction reduce fatigue in the ipsilateral finger flexor muscles?  
A controlled crossover experiment.

**Hotzi, Dora**

Spinal manipulative therapy for sub-acute and chronic low back pain. A systematic review of efficacy compared to other therapies.

**Ives, Lisa**

Can exercise (BodybalanceTM) improve self-efficacy and affect a person's internal health locus of control?

**Jaffar, Harley**

Can pain be managed with breathing exercises? A narrative review.

**Jansen van Vuuren, Lizanne**

A qualitative exploration into the combined osteopathic and dental management of patients presenting with temporomandibular joint dysfunction.

**Jaskowski, Jan**

Status of osteopathy in England in the 21st century - an interview study.

**Johnson, Paul**

Cultural competence and osteopathy.

**Jones, Victoria**

An exploration into osteopaths' understanding of the concept of empathy, and its potential effects on patients and practitioners.

**Knighton, Katrina**

Narrative review: exploration of global cause and effect of temporomandibular joint dysfunction .

**Lawrence, Nona**

A descriptive study of clinical manual tests and techniques reported by French osteopaths to diagnose and treat sacroiliac and lumbar spine dysfunction.

**Lawrence, Scott**

A systematic review of the treatment approaches for the frozen shoulder syndrome.

**Leo, Florence**

Manual therapy and voice disorders: a narrative review.

**May-Somerville, Rosalie**

A survey of practising UK osteopaths on self-reported health, exercise habits and professional support needs.

**Milligan, Emma**

To determine whether osteopathic treatment during pregnancy decreases the duration of pain in women who have experienced postpartum back pain.

**Mistry, Jaimini**

Is there a need to promote osteopathic awareness amongst ethnic minority communities?

**Mistry, Mayur**

The lasting benefits of two common stretch techniques.

**Morris, Reshma**

An experimental investigation into the effect of two forms of stretching the pectoralis major on forced expiratory volume in the asymptomatic patient.

**Morris, William**

Examination of the benefits of massage and physical therapy as a complementary method of treatment for patients with HIV/AIDS: a critical narrative review.

**Nicholettos, Andrew**

The effect of open kinetic chain knee extensor exercise at different loads on knee laxity.

**Nutt, Michael**

Examining patients' pathways to care at an osteopathic teaching school in the UK.

**O'Donoghue, Sharon**

The effects of an exercise intervention on altered lower extremity structural alignment in recreational runners with patello-femoral-pain syndrome

**Opie, Lisa**

A comparative study of the effects of muscle energy technique and inhibition, directed at iliopsoas muscle, on hip extension.

**Patel, Lina**

The use of support belts/garments in pregnancy-related low-back or pelvic girdle pain: a systematic review.

**Perrett, Caitlin**

An investigation into how osteopaths apply osteopathic principles in clinical decision-making.

**Pieniasek, Ben**

Systematic review: the efficacy of manual therapies in the treatment of tension-type headache

**Poirier, Solic**

A narrative review of the effects of a lateral ankle sprain away from the site of injury.

**Rayner, Tali**

A review of the effect of massage in promoting physiological and neuropsychological health in mother and infant.

**Riley, Shivaun**

A comparative study of demographics between patients referred to an osteopathic clinic within an HIV day centre and the rest of the centre population.

**Roberts, Paul**

An investigation into the changes in length of hamstring muscle after a stretching or massage intervention compared with no intervention.

**Robson, Jeanette**

The relationship between maternal age, labour length and prenatal osteopathy.

**Rose, Katherine**

An initial study into the relationship between the level of sport's training in the 18-22 year olds and the frequency of upper respiratory tract infection (URTI).

**Russell, Tania**

Assessing the practice patterns of UK osteopaths when providing terminal care to a patient with a life limiting illness: a cross sectional survey.

**Schweidler, Lara**

An investigation into the relationship between the degree of lumbar lordosis and low back pain.

**Shadrina, Galina [BOst]**

A quantitative investigation into relationships between anxiety, depression and pain beliefs and perceptions in patients attending BSO clinic for treatment of musculoskeletal conditions.

**Singleton, John**

Sagittal plane limitation of the first metatarsophalangeal joint a systematic review of nonoperative treatment.

**Smart, Tomek**

Exploration of the barriers to osteopaths integrating with the National Health Service.

**Sorrill, Thomas**

An investigation into osteopathic income and variables that impact upon it.

**Spina, Lisa**

A qualitative study into why patients, with experience of other manual therapies, continue to choose osteopathy.

**Standen, Rebecca**

What do students studying at the British School of Osteopathy perceive the difference between osteopaths and chiropractors to be and does this perception change from first year to final year students. An interview study.

**Stenton, Kristina**

A quantitative study into a possible correlation between bilateral navicular drop asymmetry and mechanical low back pain.

**Strutton, Georgina**

A study into the use of taping techniques amongst Osteopaths in the United Kingdom, and their reasons for its use.

**Taplin, Joanna**

An exploration of musculo-skeletal dysfunction and the use of manual therapy amongst children with Autistic Spectrum Disorders: A Narrative Review.

**Thirlwall, Theresa**

Does osteopathic treatment affect women's experiences of pregnancy?

**Tikkanen, Jami**

Effects of massage therapy on primary mediators of allostasis. A systematic review.

**Timpanaro Crosier, Bibiana**

Symptom patterns and reasons for referral to the osteopathic service at the Royal Free Hospital for patients with HIV infection.

**Trylska, Maria H**

Is playing competitive volleyball associated with measurable changes in the range of movement at the ankle joint?

**Urbanova, Hana**

The perception, awareness and attitudes towards osteopathy among a population of gym members. A questionnaire survey.

**van Piggelen, Anna**

A study into different areas of the body injured as a result of badminton and the effectiveness of types of treatment received for these injuries as perceived by players.

**Varsani, Ubhilasha**

The role of osteopaths in the rehabilitation of post-stroke patients.

**Webster, Edward [BOst]**

A narrative review on the extent to which psychological factors affect outcome in patients with low back pain.

**Weisall, Inka**

The Clinical Relevance of Neural Plasticity in Chronic Pain for Manual Therapists.

**Wilson, Martin [BOst]**

A systematic review of the benefits of exercise for people with knee Osteoarthritis.

**Yates, Francesca**

An investigation into the effects of thoracic High Velocity Thrust (HVT) technique on the autonomic nervous system; measuring blood pressure changes.

**Zinzan, Nick**

A portrait of the Osteopath: Personality, Motivations and Job Satisfaction in UK Osteopaths.

**Harmes, Paul**

An investigation into the awareness of osteopathy in amateur, student and professional guitarists.