



## THE BSO

The British School of Osteopathy (BSO) runs the largest clinical centre of its kind in Europe. In addition to the Sports Clinic we run a Children's Clinic, an Expectant Mothers' Clinic, a Clinic for people with HIV/AIDS and a General Clinic.

The BSO is a teaching and research institution and a registered charity, founded in 1917. You will receive an excellent standard of care from our experienced osteopaths and supervised students.

## FEES

BSO fees are typically less than half of those generally charged in private practices.

We offer concessionary rates to many groups such as full-time students, people aged over 60 years and those receiving Income Support, Jobseekers Allowance or disability benefits. Our clinic reception team will be happy to advise whether you qualify – if you are a student or you receive a qualifying benefit you will need to bring proof to your consultations.

The BSO clinical centre is open Monday to Friday 0800 to 1830. Times for different clinics vary. Our reception team will be happy to advise.

**For more information and appointment bookings: 020 7089 5360 or [clinicappointments@bso.ac.uk](mailto:clinicappointments@bso.ac.uk)**

**[www.bso.ac.uk](http://www.bso.ac.uk)**



**British School of Osteopathy  
Clinical Centre  
98-118 Southwark Bridge Road  
London SE1 0BQ**

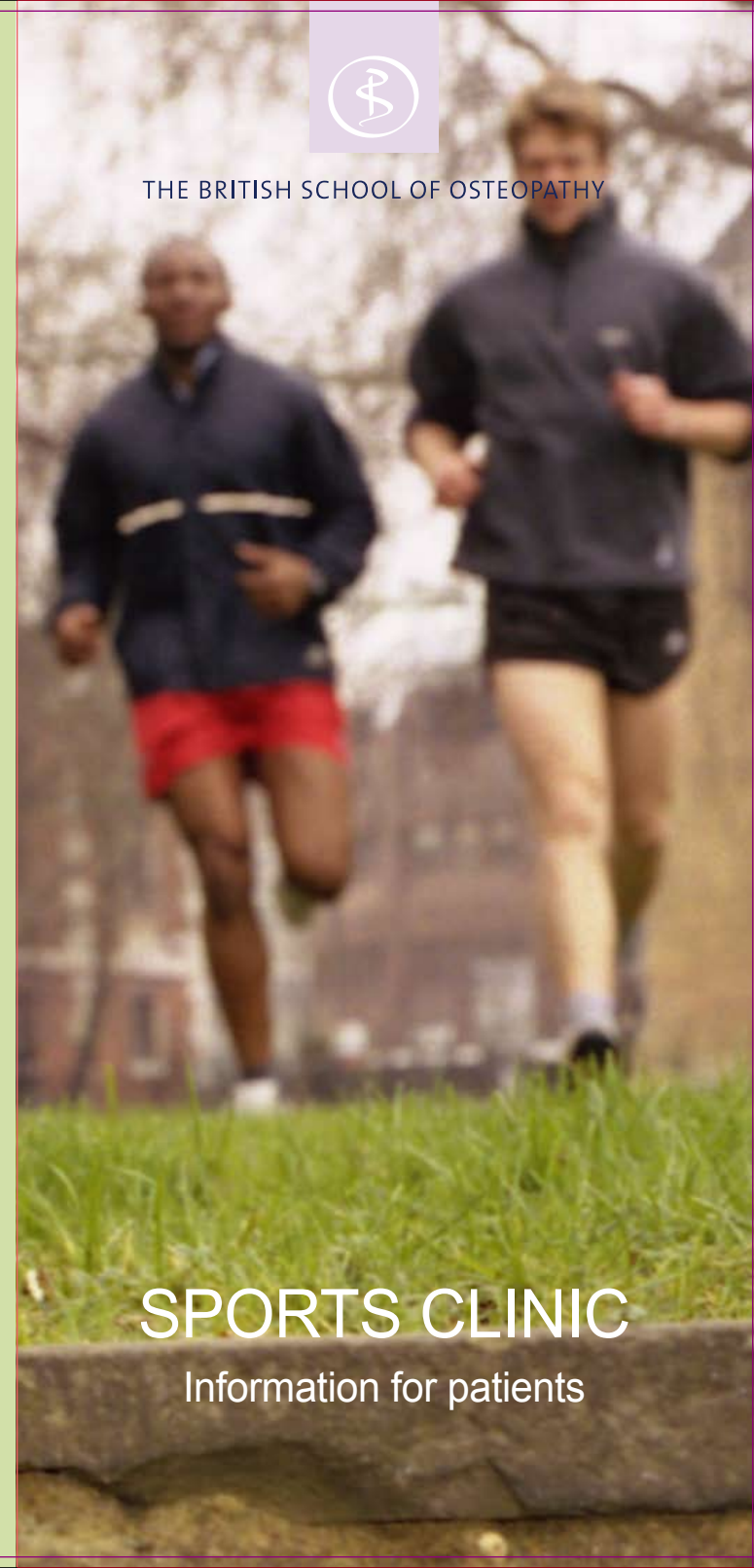
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THE BRITISH SCHOOL OF OSTEOPATHY



# SPORTS CLINIC

Information for patients

The British School of Osteopathy is a registered charity (no. 312873) which educates osteopaths, treats patients and promotes research.

# OSTEOPATHY AND SPORT

## THE BSO SPORTS CLINIC

The BSO's Sports Clinic treats professional athletes, committed amateurs and gym, fitness and keep-fit enthusiasts.

Osteopathy is effective for the treatment and management of sport- and fitness-related injuries. It can help to alleviate the immediate symptoms of the injury, and it can help the patient manage their recovery and return back to active participation in sport.

Osteopaths can work with the athlete in relation to their performance and long-term training goals. Osteopaths look at the relationship between muscle, limb and spine function, the potential underlying cause of symptoms and your lifestyle. By appreciating how these factors may interact they can make adjustments and recommendations to help prevent injury and to help you achieve your goals safely.

The BSO's Sports Clinic has provided osteopaths to support participants in major sporting events such as the London Marathon. This clinic is also suitable for dancers, actors and other professional performers.



Osteopathy helps people who enjoy sport at all levels of involvement deal with:

Joint pain • muscular aches, pains, strains and pulls  
back pain • tennis elbow • preparation for big events  
stiffness and tension • managing problem areas  
enhancing stretching regimes • frozen shoulders

## ABOUT OSTEOPATHY

Osteopathic treatment is gentle and non-invasive. Osteopathy works on the muscles, joints and nervous system as well as evaluating other relevant structures where necessary. It treats the body as a whole unit and considers many aspects of the patient's life.

Osteopathy is a primary healthcare system, complementary to other medical practices, with a sound foundation in biomedical sciences. An important principle of osteopathy is the recognition of the body's natural self-healing mechanisms.

Patients may be referred by their GP or opt to attend an osteopathic clinic independently.



*"They took me from being stressed and in pain into good physical and mental shape in no time – a fantastic service."*

*MORGAN WHITE, BSO SPORTS CLINIC PATIENT*

## CONSULTATIONS

Osteopaths treat the whole person, so at the first consultation a thorough case history is compiled, followed by a detailed examination of your muscles, ligaments and joints, as well as evaluating other relevant structures where necessary. This will take up to an hour and a half.

Your osteopath will also observe your movements carefully. Once a diagnosis is reached, your osteopath will discuss with you a range of options relating to your care. If osteopathic treatment is felt to be appropriate, with your consent a wide range of gentle manual techniques may be used. This may include deep tissue massage and the movement of joints. You may also be advised on exercise, posture or diet.

Some patients need only one treatment; others have a longer course of therapy or some patients choose to return periodically for help with managing longer-term conditions.

