

# As You Get Older


## 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)



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## Getting older – staying active

Retirement can bring time for leisure, travel opportunities and interests to the older person. This is the chance to take up those sports and activities that you never had time for whilst working and bringing up your family, e.g. golf, gardening, badminton, fitness classes etc.

The body, however, has changed. It has lost some of its elasticity and ability to adapt. It has also experienced injuries and postural stress during those years, often resulting in repetitive strain injuries, stiffness and degenerative changes.

The onset of health issues such as high blood pressure, digestive and circulatory disorders and arthritis have all begun to have a noticeable effect on the body's energy and ability to perform.

Many grandparents also help working parents by caring for their grandchildren – a pleasure for many but also a strain on the older body.

Quality of life is especially important for this age group when there are increasing concerns about loss of independence and mobility.

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## Keeping healthy

Osteopathy can help greatly during this time.

An osteopath will take a full case history so they can understand how the body has been affected so far. Then, after a full examination and assessment the osteopath will be able to offer treatment and advice to help improve mobility, circulation and immune function, and reduce joint stiffness so that the older person can enjoy a full and active life in retirement.

The treatment is usually gentle and aims to maintain health and prevent further injury. Dietary advice may also be given to help maintain healthy bones and joints.

## Remember

- Gentle stretching daily to help maintain tissue elasticity and joint mobility
- Walk as much as possible to keep circulation healthy and maintain muscle tone
- Have a daily rest to recover energy for the rest of the day's activities
- The use of trainers or similar footwear can help to reduce wear and tear to the knee and hip joints, and can also help reduce back pain when walking on hard pavements.



## Safe in our hands

All osteopaths must have demonstrated to their registering body – the General Osteopathic Council (GOsC) – that they are a safe and competent practitioner. Osteopaths have to train for a minimum of four years. They also have to carry out continuing professional development in order to stay registered. It is a criminal offence to call yourself an osteopath unless you are registered.



## British Osteopathic Association

The BOA ...

- is a voluntary professional association of osteopaths
- promotes osteopathy to the NHS and the general public
- speaks for osteopaths throughout the UK
- provides services for its members

Its policies are decided by an elected council, comprising practising osteopaths and a lay member.

## As You Get Older

You can request information about other osteopathic treatment by visiting the BOA's website or sending a stamp addressed envelope to:  
British Osteopathic Association  
3 Park Terrace, Manor Road, Luton LU1 3HN

Telephone 01582 488455

To find an osteopath in your local area log on to:

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