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## THE BSO

The British School of Osteopathy (BSO) runs the largest clinical centre of its kind in Europe. In addition to the Children's Clinic we run a Sports Clinic, and 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)**



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

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THE BRITISH SCHOOL OF OSTEOPATHY



# CHILDREN'S CLINIC

Information for patients

# OSTEOPATHY FOR CHILDREN



Osteopathy can help children with a range of physical problems. The BSO's Children's Clinic has treated children from a few weeks old up to the age of 16 years.

## 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.



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## THE BSO CHILDREN'S CLINIC

The BSO has operated a Children's Clinic for over 50 years. This clinic is run by experienced osteopaths with a specialist interest in treating children, assisted by senior BSO students. Many children first come when their mothers have a post-natal musculo-skeletal health check. Osteopaths treat the whole person, so at the first consultation a thorough case history is compiled, followed by detailed examination of your child's muscles, ligaments and joints as well as evaluating other relevant structures when necessary.

Your osteopath may also observe your child's movements. Once a diagnosis is reached, a wide range of gentle manual techniques are used in therapy. Your osteopath may also give advice on exercise, posture or diet. Osteopathy can complement the role of your doctor or hospital.



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## CONSULTATIONS

Your first consultation at the BSO Children's Clinic will last approximately one hour. The osteopath will talk to parents or guardians and older children to gather important clinical evidence. They will then examine your child, which may involve the osteopath carefully observing movement and posture.

Once a diagnosis is reached a detailed explanation will be given and options for treatment will be discussed. If treatment is appropriate and you are happy to proceed, a wide range of gentle manual techniques, such as deep tissue massage, may be used in treatment. Your child may also be provided with advice 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.

*"I would definitely recommend the BSO to anyone looking for osteopathic treatment."*

ANDREA MILBRANT, WHO BROUGHT HER TWO CHILDREN ADAM AND EMILY TO THE BSO FOR TREATMENT