

# Children and Teenagers



## 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)



British Osteopathic  
Association

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## Growing and developing

Toddlers become children and children become teenagers – and for all of them, their bodies undergo considerable and often rapid change.

A younger child may be susceptible to ear, chest and sinus infections, whilst an older child may have asthma, and the young footballer may be diagnosed with Osgood-Schlatters disease. For the teenager the school bags become heavier whilst their posture develops the 'slouch' – especially with the increasing use of laptops.

During these years, many young people take part in a high level of various sports and recreational activities frequently resulting in injuries which if not treated when young can become a problem later in life.

Many older teenagers also start to take on part-time work which introduces them to yet more physical demands on their still growing and changing bodies.

These difficult and increasing demands carry the risk of injury and structural stress that if not treated now can lead to more chronic conditions in adulthood.

## What can an Osteopath do?

Osteopaths are trained professionals skilled in being able to examine, assess, diagnose and treat those injuries and conditions.

The osteopath will help the body to adapt to the growth changes and to accommodate the effects of hormones, including their effects on the circulation and metabolism as well as on the musculo-skeletal system.

The osteopath will also be able to offer advice on posture and exercise so that the postural stress has less chance of becoming a postural habit.

Some osteopaths may recommend annual check-ups for your child to prevent these injuries/stresses developing or becoming a problem in later life

Speak to your osteopath about "spinal assessments". Osteopaths can make a full spinal assessment of your child to ensure that any spinal curvatures are detected early on in development. This will aid in monitoring changes and help with any future treatment programme. Advice or referral if necessary can be arranged.

So called growing pains are frequently no more than this. However, all teenagers complaining of back pain should be examined and assessed in order to be clear about the underlying cause.



## 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.

## Children and Teenagers

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)**