

Physiotherapist, Osteopath, Chiropractor...



Who should I get to treat me?

An explanation of the differences (and similarities) to help you make the right decision about your treatment

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1. Introduction

Few people are lucky enough to escape some sort of physical pain or injury at some point in their life, whether this is a bad back or a sprained ankle or one of hundreds of other complaints. Sometimes these things get better quickly on their own, but very often a problem that isn't addressed properly becomes chronic and causes on-going pain and dysfunction.

It is easy to put off seeking advice or treatment. You may be busy, deterred by long NHS waiting times and having to take time off work for treatment, or you may have considered private treatment but not know where to go to for help. Do you need to see a physiotherapist, a chiropractor or an osteopath? It can be confusing and you probably want to find out more before making a choice.

We have put together this guide so that you don't have to waste more precious time trying to find enough information to help you make your decision. The purpose of the guide is not to recommend one approach (physiotherapy, osteopathy or chiropractic) over another, but rather to explain the fundamental concepts on which each of these professions is based, what they do, how they work and the sort of conditions they treat so you can make an informed choice yourself.



We also tell you what qualifications physiotherapists, osteopaths and chiropractors hold, how they are regulated by law and, importantly, how to check whether an individual is appropriately qualified and registered.

We have included some practical information about how to access treatment and average costs of seeing somebody privately. The good news is that very often treatment is covered by private health insurance. If you don't have health insurance and you are concerned about cost, even a one-off session for assessment and advice from your chosen practitioner about how you can help yourself can be invaluable.

We hope you find this guide helpful and we would be very pleased to hear what you thought of it. If you have any suggestions for improvements or any feedback on how you got on with your chosen practitioner...

You can email us at courses@mywebmarketingexpert.com

Or add your comments to our web page about the guide at <https://www.mywebmarketingexpert.com/markets/physio/physio-osteo-chiro-guide/>

2. Physiotherapy

2.1 What is it and what do physiotherapists do?

“Physiotherapy is a science-based profession and takes a ‘whole person’ approach to health and well-being, which includes the patient’s general lifestyle. At the core is the patient’s involvement in their own care, through education, awareness, empowerment and participation in their treatment.” (*Chartered Society of Physiotherapy*)

Physiotherapists help to restore movement and function in people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice.

Traditionally physiotherapists are thought to have a less ‘hands-on’ and more exercise-based approach to treatment than chiropractors or osteopaths, but in fact they do use manual therapy, which may include gentle joint manipulation or mobilisation, soft tissue massage and stretching. Physiotherapists may also use other treatments including acupuncture and electrotherapy such as ultrasound.



2.2 Training, qualifications and regulation

Physiotherapy is a science-based degree and health care profession. The degree is a BSc (Hons) Physiotherapy and consists of 3 years full time study at one of 56 universities in the UK that offer physiotherapy training programmes. As well as theoretical study, the training includes supervised placements in a clinical setting. After qualification, most physiotherapists work in the NHS for at least two years to consolidate their training and gain broad experience in a wide variety of clinical settings before specialising or entering private practice.

Some physiotherapists undertake an advanced programme of studies at master’s level. Advanced practitioners are able to undertake some of the work that is normally the remit of doctors, such as diagnostics (referring for scans), prescribing medicines and administering therapeutic injections within their scope of practice, i.e. related to the care they are providing to their patients.

The title of ‘physiotherapist’ (and also ‘physical therapist’) is protected by law (article 39 of the Health and Social Work Professions Order 2001). In order to practice under this title all physiotherapists in the UK have to be registered with the Health and Care Professions Council (HCPC), which is the independent UK-wide regulator of 16 specific health and social care professions. Other regulated professions include dietitians, radiographers, social workers in England and speech and language therapists.

It is illegal to practise under the title ‘physiotherapist’ or ‘physical therapist’ without being registered with the HCPC and you can check if your physiotherapist is registered at <http://www.hcpc-uk.org>

The profession also has chartered status. A chartered physiotherapist is a qualified member of their professional body, the Chartered Society of Physiotherapy (CSP). While membership of the CSP is not essential, around 90% of HCPC registered physiotherapists are also members of the CSP.

This means that, in addition to being registered with the HCPC, they have agreed to adhere to the CSP's Code of Professional Values and Behaviour and to work to the CSP Quality Assurance Standards. (Follow the links below to see these in detail.)

<http://www.csp.org.uk/publications/code-members-professional-values-behaviour>

<http://www.csp.org.uk/publications/quality-assurance-standards>

A chartered physiotherapist will have the letters MCSP after their name.

2.3 Where do physiotherapists work?

There are currently over 55,000 physiotherapists registered with the HCPC, approximately 70% of which are women and 30% men. Most work within the NHS, where they are involved in treating patients with a wide range of conditions in many different specialities, such as trauma and orthopaedics, neurology, medicine, surgery, critical care, respiratory medicine, paediatrics and elderly care. They also treat patients who attend NHS hospitals and clinics as outpatients or provide treatment in the community, for example, in the patient's own home or residential homes.

Some physiotherapists work in both the NHS and in private practice and over 7,000 physiotherapists work exclusively in the private sector in a variety of settings. These include GP surgeries, gyms, from their own home or in a clinic, either alone or in a larger multidisciplinary setting with other practitioners, such as chiropractors, osteopaths, massage therapists or acupuncturists. They may also provide services for employers, work for sports teams or charities or in schools for children with special needs.

2.4 Can physiotherapy help me?

Physiotherapy can benefit people of any age with all sorts of illnesses, disabilities or injuries. The remit of the profession is very broad, although most physiotherapists specialise in an area of particular interest to them.

Many physiotherapists in private practice focus on treating musculoskeletal conditions, including back and neck pain, arthritis, sports injuries and other common problems such as repetitive strain injury (RSI), work related upper limb disorder (WRULD), frozen shoulder or tennis elbow. They also provide advice and education on pain management, injury prevention and maintaining fitness and independence through lifestyle, exercise and posture, including how to stay healthy and reduce the risk of injury in the workplace.

Others may provide rehabilitation following major trauma or surgery (e.g. hip and knee replacement) or for people with neurological conditions, such as stroke, Parkinson's disease or multiple sclerosis (MS). Some may treat people with breathing and heart problems, continence problems or chronic fatigue (ME) for example, and there are also physiotherapists who specialise in treating children.

2.5 How do I access physiotherapy?

NHS physiotherapy

Physiotherapy is widely available on the NHS, but you may not always get an appointment as quickly as you would like and there may be less flexibility in location and days and times of appointments.



Also, you will usually need a referral from your doctor, although in a few areas you may be able to self-refer.

Private physiotherapy

If you don't want to have to wait for your treatment, a private physiotherapist can be the best option. If you cannot easily travel, some physiotherapists will treat you at home.

You do not need a doctor's referral to see a private physiotherapist, although if you are intending to claim the cost of treatment back from a health insurer, your policy might stipulate that you do need a referral from a doctor in order to make a claim.

If you decide to contact a private physiotherapist yourself, make sure they are registered with the Health and Care Professions Council online at <http://www.hcpc-uk.org>

Choosing a physiotherapist who is also a chartered physiotherapist provides additional assurance of quality and standards of practice. They will have the initials MCSP after their name. *(You will not need to do this if you are referred to, or receiving, physiotherapy within the NHS, as these checks are already performed as a condition of employment)*

Cost

Initial consultations are around £40 to £50 for 30 minutes and around £70 for one hour.

Follow up sessions are around £40-50 for 30 minutes.

Insurance

Physiotherapy is covered by most health insurance providers, either as standard (usually for physiotherapy provided as an inpatient in a private hospital), or as an extra for stand-alone physiotherapy. If your health insurance covers physiotherapy, check the terms with your provider. You may need to be referred by a doctor and there may be defined limits on cost or number of sessions. Also, most of the health insurers have a system of "registered providers" and your therapist may need to be approved by the insurer for your cover to apply.

If you are employed, it is worth checking to see if your employer provides health insurance or other cover for physiotherapy as part of your benefits package.

2.6 What to expect when you attend a physiotherapy appointment

An initial consultation usually takes between 30 to 60 minutes, depending on the complexity of the problem. The physiotherapist will ask detailed questions about your specific problem and also your general health, lifestyle and medical history. They will also ask what your expectations are and what you want to gain from physiotherapy. This may sound obvious, but do you want to run a marathon or simply be able to walk to the bus stop with less pain? All these things will have a bearing on the most suitable treatment for you.



The physiotherapist will need to examine you and you may be asked to remove some of your clothing over the area to be examined. You should expect privacy to undress and a gown or towel to be provided, but if you are uncomfortable with this it is perfectly acceptable to wear loose clothing such as shorts or jogging bottoms and a vest top. You can ask a friend or relative to accompany you and be present throughout your treatment.

The physiotherapist will ask for your consent to examine you. Examination may not be confined to the area of pain or injury but may include other areas that may be causing or contributing to the

problem. For instance, a problem in your back could be causing pain in the knee or foot. The physiotherapist will explain what they are doing and ask you how it feels as they perform different tests.

At the end of the assessment the physiotherapist will discuss their findings (the diagnosis) and agree a treatment plan with you, explaining the options and risks and benefits of the treatment proposed. They will review your progress at subsequent appointments and agree any changes to your treatment plan with you. If your condition does not improve, your physiotherapist may refer you to your GP for further investigation or advice.

Physiotherapy is not usually painful. It is not unusual to experience temporary soreness after some types of treatment (for 24-48 hours) but it is important that you talk to your physiotherapist if you feel worried about anything either during or after treatment.

Physiotherapists are trained to recognise signs and symptoms of potentially serious problems which they cannot treat or that require further investigation and will refer you to your GP or to hospital as appropriate. They should provide a letter explaining the reason for referring you.

2.7 Interesting facts about physiotherapy

- The Chartered Society of Physiotherapy was established in 1894 as the Society of Trained Masseuses by four nurses who wanted to protect their profession after stories in the press warned young nurses and the public of unscrupulous people offering massage as a euphemism for other services.
- In 1920, under its new name, the Chartered Society of Massage and Medical Gymnastics was granted a Royal Charter by King George V. Also, in 1920, men were first permitted to join the Society.
- In 1977 the Department of Health memorandum HC (77)33 established professional autonomy for physiotherapists and in 1978 the Society's bye-laws were changed to allow physiotherapists to treat patients without prior medical referral.
- In 2013 the senior Health Minister for England signed The Human Medicines (Amendment) Regulations 2013 giving physiotherapists (and podiatrists) who are qualified as advanced practitioners to independently prescribe medicines related to their patient's care.



List of physiotherapists in the SM postcode area

(covering Sutton, Cheam, North Cheam, Ewell, Banstead, Carshalton, Wallington, Beddington, Hackbridge, Morden)

If you are ready to see a physiotherapist, use the link below to go to our list of practices and individuals who are properly qualified and registered to treat you.

www.stayfantastic.com/therapists-list-sm

3. Osteopathy

3.1 What is it and what do osteopaths do?

“Osteopathy is a system of diagnosis and treatment for a wide range of conditions. It works with the structure and function of the body based on the principle that well-being depends on the skeleton, muscles, ligaments and connective tissues” (General Osteopathic Council)

Osteopaths use touch, manipulation, stretching and massage to increase joint mobility, reduce muscle tension and enhance the blood and nerve supplies to the tissues (i.e. the body's own healing mechanisms). They also advise on posture and exercises.

Osteopathy is considered a type of complementary and alternative medicine (CAM), which means it is not a conventional medical treatment (when a non-mainstream practice is used together with conventional medicine, it's considered "complementary", when used instead of conventional medicine, it's considered "alternative").



There is no universally agreed definition of CAMs and some CAM medicines or treatments are based on principles and an evidence base that are not recognised by the majority of independent scientists. However, there is evidence that osteopathy and chiropractic are effective for treating lower back pain and the National Institute for Health and Care Excellence (NICE) has recommended manual therapy for the treatment of lower back pain.

Osteopathy is one of only two CAM practices (the other being chiropractic) that are subject to statutory regulation in the same way as conventional medicine. There is no statutory professional regulation of any other CAM practitioners.

Further information can be found on the NHS website at <https://www.nhs.uk/Livewell/complementary-alternative-medicine>

Talk to your GP if you are unsure whether osteopathy would be beneficial for your condition.

3.2 Training, qualifications and regulation

Training courses in osteopathy generally lead to a bachelor's degree in osteopathy (a BSc Hons, BOst or BOstMed) or a master's degree (MOst). There are eleven osteopathic education institutions and courses usually consist of four years of full-time training. In addition to theoretical study osteopaths undergo at least 1,000 hours of clinical training. Some osteopaths have already qualified in another healthcare practice such as medicine, nursing or physiotherapy and there are courses with accelerated pathways for doctors and physiotherapists.

The title 'osteopath' is protected under The Osteopaths Act 1993, which provides statutory regulation for the profession. In the UK, all osteopaths must be registered with the General Osteopathic Council (GOsC). The GOsC works with the public and the osteopathic profession to promote patient safety by setting, maintaining and developing high standards of osteopathic practice and conduct.

It is illegal to practice in the UK as an osteopath without being registered with the GOsC and you can check if your osteopath is registered with the GOsC at:

<https://www.osteopathy.org.uk/register-search>

3.3 Where do osteopaths work?

There are currently more than 5,200 osteopaths registered with the GOsC, with women and men being represented more or less equally. Some are working in multi-disciplinary environments within the NHS and in occupational healthcare in public bodies and private companies, although most osteopaths are self-employed and work in the private sector either alone or in a larger multidisciplinary setting with other practitioners such as physiotherapists, acupuncturists or massage therapists.

3.4 Can osteopathy help me?

Osteopaths can help with a wide range of problems such as lower back pain, neck pain, shoulder pain, arthritis, problems with the pelvis, hips and legs, sports injuries and problems with posture.

3.5 How do I access osteopathy?

NHS osteopathy

Osteopathy is not widely available on the NHS but is provided in some areas. You can find out from your GP or local Clinical Commissioning Group (CCG) if you can see an osteopath on the NHS where you live.

Private osteopathy

Most people who have osteopathy (80%) pay for it privately.

You do not need a doctor's referral to see an osteopath, although if you are intending to claim the cost of treatment back from a health insurer, your policy might stipulate that you do need a referral from a doctor in order to make a claim.

If you decide to contact an osteopath yourself, make sure they're registered with the General Osteopathic Council at <https://www.osteopathy.org.uk/register-search>

Costs

Similar to physiotherapy -

Initial consultations are around £40 to £50 for 30 minutes and around £70 for one hour.

Follow up sessions are around £40-50 for 30 minutes.

Insurance

Osteopathy is covered by most private health insurers. If your health insurance covers osteopathy, check the terms with your provider. Your policy might stipulate that you need to be referred by a doctor in order to make a claim and there may be defined limits on cost or number of sessions. Also, most of the health insurers have a system of "registered providers" and your osteopath may need to be approved by the insurer for your cover to apply.

If you are employed, it is worth checking to see if your employer provides health insurance or other cover for osteopathy as part of your benefits package.

3.6 What to expect when you attend an osteopathy appointment

A first appointment generally lasts about 30 minutes to an hour. The osteopath will listen and ask questions about your problem, your general health, other medical care you are receiving or medication you are taking.

The osteopath will, with your consent, undertake a physical examination. It is likely the osteopath will ask you to remove some of your clothing. Tell your osteopath if you are uncomfortable about this.

You should expect privacy to undress and a gown or towel should be provided. You can ask a friend or relative to accompany you and be present throughout your treatment.

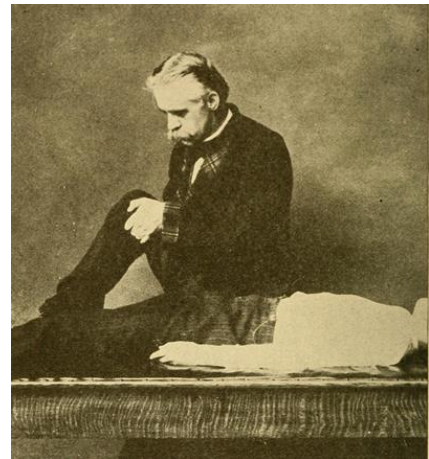
Your osteopath will give you a clear explanation of what they find (their diagnosis) and discuss a treatment plan that is suitable for you. They will explain the benefits and any risks of the treatment they are recommending. It is important to understand and agree what the treatment can achieve, and the likely number of sessions needed for a noticeable improvement in how you feel. The osteopath will review your progress at each subsequent visit and seek your consent to any changes to your treatment plan.

Because of the physical nature of the treatment, it is not unusual to sometimes feel sore in the first 24-48 hours after treatment. Your osteopath will explain any likely reactions that you could expect. If you have any concerns it is important to contact the osteopath and ask their advice.

Your osteopath will also check for signs of serious conditions they cannot treat and may advise you to see your GP or go to hospital. They should provide you with a letter explaining what they believe to be the problem.

3.7 Interesting facts about osteopathy

- The origin of the word osteopathy is from the Greek for bone (osteon) and suffering (pathos).
- Osteopathy was founded in 1874 by Dr Andrew Taylor Still, a backwoods doctor in Missouri, USA, who became disillusioned with conventional medicine following the death of his wife, three of his children, and an adopted child from spinal meningitis. He concluded that orthodox medical practices were frequently ineffective and sometimes did more harm than good. He devoted the next thirty years of his life to studying the human body and finding alternative ways to treat disease. He developed osteopathy as an independent system of medicine, the theoretical basis being that disease and physiologic dysfunction were caused by a disordered musculoskeletal system.
- The British School of Osteopathy (BSO) was founded in 1917 in Buckingham Gate London by Church of Scotland minister John Martin Littlejohn (1865-1947), who had been sent to the US to find a climate more conducive to his health and whilst there trained as an osteopath.
- After many years of existing outside the mainstream of health care provision, the osteopathic profession in the UK was finally accorded formal recognition by Parliament in 1993 by the Osteopaths Act.



List of osteopaths in the SM postcode area

(covering Sutton, Cheam, North Cheam, Ewell, Banstead, Carshalton, Wallington, Beddington, Hackbridge, Morden)

If you are ready to see an osteopath, use the link below to go to our list of practices and individuals who are properly qualified and registered to treat you.

www.stayfantastic.com/therapists-list-sm

4. Chiropractic

4.1 What is it and what do chiropractors do?

“The chiropractic profession is concerned with diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and the effects of these on the nervous system and general health.” *(General Chiropractic Council)*

Chiropractors view the workings of the body primarily through the spinal and muscular systems. They use a wide range of techniques to reduce pain and improve function and mobility. These include safe, often gentle, specific manipulations to free joints in the spine or other areas of the body that are not moving properly. They may use ice, heat, ultrasound and acupuncture as part of the treatment and provide advice on self-help, exercises and lifestyle changes. Some offer rehabilitation programmes. They may also take or refer for x-rays and ultrasound or MRI scans.

Chiropractic is considered a type of complementary and alternative medicine (CAM), which means it is not a conventional medical treatment (when a non-mainstream practice is used together with conventional medicine, it's considered "complementary", when used instead of conventional medicine, it's considered "alternative").



There is no universally agreed definition of CAMs and some CAM medicines or treatments are based on principles and an evidence base that are not recognised by the majority of independent scientists. However, there is evidence that chiropractic and osteopathy are effective for treating lower back pain and the National Institute for Health and Care Excellence (NICE) has recommended manual therapy for the treatment of lower back pain.

Chiropractic is one of only two CAM practices (the other being osteopathy) that are subject to statutory regulation in the same way as conventional medicine. There is no statutory professional regulation of any other CAM practitioners.

Further information can be found on the NHS website at: <https://www.nhs.uk/Livewell/complementary-alternative-medicine>

Talk to your GP if you are unsure whether chiropractic would be beneficial for your condition.

4.2 Training, qualifications and regulation

Chiropractors study at one of only three chiropractic educational institutions in the UK to obtain a Master of Chiropractic degree, MChiro (Hons). The course is full time over four years and includes theoretical study, observation and case studies. The final year is spent treating patients on site under supervision.

The title 'chiropractor' is protected under The Chiropractors Act 1994, which provides statutory regulation for the profession. All chiropractors in the UK have to be registered with the statutory regulator, the General Chiropractic Council (GCC), which sets the standard for all chiropractic educational programmes and protects the health and safety of the public by ensuring high standards of practice in the chiropractic profession.

It is illegal to practise as a chiropractor without being registered with the GCC and you can check if your chiropractor is registered with the GCC at:

<https://www.gcc-uk.org/advanced-search>

4.3 Where do chiropractors work?

There are currently over 3,100 chiropractors registered with the GCC, with women and men being represented more or less equally. This figure is an increase of about 30% from 2007.

Most chiropractors are self-employed and work in private practice within a variety of settings, such as a GP surgery, from home or in a clinic, either alone or in a larger multidisciplinary setting with other practitioners such as physiotherapists, massage therapists or acupuncturists.

4.4 Can chiropractic help me?

Although chiropractors are best known for treating back and neck pain, they also treat a wide range of other conditions, such as general aches and pains from joints, muscle spasms and cramp, headache, shoulder and elbow pain caused by neck problems, frozen shoulder and tennis elbow. Some also provide specialist treatments for pregnancy-related problems or sports people.

4.5 How do I access chiropractic?

NHS chiropractic

Chiropractic is not widely available on the NHS but is provided in some areas. You can find out from your GP or local Clinical Commissioning Group (CCG) if you can see a chiropractor on the NHS where you live.

Private chiropractic

Most people who have chiropractic pay for it privately.

You do not need a doctor's referral to see a chiropractor, although if you are intending to claim the cost of treatment back from a health insurer, your policy might stipulate that you do need a referral from a doctor in order to make a claim.

If you decide to contact a chiropractor yourself, make sure they're registered with the General Chiropractic Council at <https://www.gcc-uk.org/advanced-search>

Costs

Costs are similar to physiotherapy and osteopathy -

Initial consultations are around £40 to £50 for 30 minutes and around £70 for one hour.

Follow up sessions are around £40-50 for 30 minutes.

Insurance

Chiropractic is covered by many health insurance providers. If your health insurance covers chiropractic, check the terms with your provider. Your policy might stipulate that you need to be referred by a doctor in order to make a claim and there may be defined limits on cost or number of sessions. Also, most of the health insurers have a system of "registered providers" and your chiropractor may need to be approved by the insurer for your cover to apply.

If you are employed, it is worth checking to see if your employer provides health insurance or other cover for chiropractic as part of your benefits package.

4.6 What to expect when you attend a chiropractic appointment

An initial consultation takes between 30 minutes and an hour. The chiropractor will take a full case history and, with your consent, undertake a thorough physical examination. They may also take or send you for x-rays if necessary.

You may be asked to remove some of your clothing and a gown will be provided for privacy, but you should tell your chiropractor if you are uncomfortable about this. You can ask a friend or relative to accompany you and be present throughout your treatment.

Before treatment starts the chiropractor should explain what they found during the examination, the proposed treatment and any significant risks associated with it.

Chiropractic treatment is usually painless unless an area is inflamed (swollen). If this is the case your chiropractor will alter the treatment. You may hear a clicking or popping noise when one of your joints is being manipulated. This is perfectly normal and is just gas within the joints being compressed or released. Some patients have mild reactions such as temporary aches and pains after their spine or joints have been manipulated or after exercising. It is important that you talk to your chiropractor if you feel worried about anything either during or after treatment.

Your chiropractor will review your progress regularly and if any changes to your treatment plan are proposed you will be asked to give your consent. They will discuss carrying out further investigations or referring you to your GP if your condition does not improve or if they find signs or symptoms of a potentially serious problem.

4.7 Interesting facts about chiropractic

- Although spinal manipulation (bone setting) has been around for over 2,500 years (one of the early practitioners of bone manipulation was Hippocrates in ancient Greece) modern chiropractic medicine only gained recognition a little over 100 years ago.
- The term chiropractic stems from the Greek 'by hands' (chiro) and 'practical/to do' (praktikos)
- Chiropractic's founder was Daniel David Palmer. According to Palmer, chiropractic came into existence in 1895, in Iowa, when he adjusted the mid-back of a deaf janitor who had lost his hearing 17 years earlier when, stooped over in a cramped position, he had felt something give way in his back and immediately become deaf. Palmer's theory was that a vertebra out of place was interfering with nerve function and was causing the hearing loss. The vertebra was manipulated back into position and the janitor's hearing was said to be restored.
- Chiropractic has been practised in Britain since about 1908.

5. Summary

As you can see, there is a lot of overlap between physiotherapists, osteopaths and chiropractors for the treatment of many conditions. There is just not enough evidence to say that for back pain, for example, you should see a physiotherapist, but for neck pain, an osteopath. Or that chiropractic techniques are more effective than ultrasound therapy for a shoulder injury. It would be much easier if we could be more specific, but there is no one-size-fits-all and different people respond to different things.

However, we hope that by setting out the facts and philosophy of each profession you will be much better informed and have some idea of the sort of approach that would be right for you. Choosing the approach you think you will feel most comfortable with is a crucial factor in how you engage in and benefit from your treatment.

If you need a quick reminder of the basics, refer to the table on the last page to see 'at a glance' the main differences and similarities between physiotherapy, osteopathy and chiropractic.



Tell us what you think!

We hope you find this guide helpful and we would love to hear what you thought of it, any suggestions for improvements and any feedback on how you got on with your chosen practitioner

You can email us at courses@mywebmarketingexpert.com

Or add your comments to our web page about the guide at

<https://www.mywebmarketingexpert.com/markets/physio/physio-osteo-chiro-guide/>

6. Sources of information and links.

Chartered Society of Physiotherapy (CSP)

<http://www.csp.org.uk>

Health Professions Council (HCPC)

<http://www.hcpc-uk.org>

General Chiropractic Council (GCC)

<http://www.gcc-uk.org>

General Osteopathic Council (GOsC)

<http://www.osteopathy.org.uk>

NHS website

<https://www.nhs.uk>

National Institute for Health and Care Excellence (NICE)

<https://www.nice.org.uk>

7. Comparison table

	Physiotherapy	Osteopathy	Chiropractic
What they are and what they do	Conventional health care profession. Restore movement and function in people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice. Also use acupuncture, ultrasound and other electrical modalities.	Complimentary/Alternative health care profession. Use touch, manipulation, stretching and massage to increase joint mobility, reduce muscle tension and enhance the blood and nerve supplies to the tissues. They take a holistic approach and also advise on posture and exercises.	Complimentary/Alternative health care profession. Reduce pain, improve function and mobility using manual therapy. Also use ice, heat, ultrasound and acupuncture and provide advice on self-help, exercises and lifestyle changes. Can also take or refer for x-rays and ultrasound or MRI scans.
Approach to treatment	Takes a 'whole person' approach to health and well-being, which includes the patient's general lifestyle. At the core is the patient's involvement in their own care, through education and participation in their treatment.	Takes a 'holistic' approach, founded on the assumption that deformation of some part of the skeleton and consequent interference with the adjacent nerves and blood-vessels are the cause of most diseases.	Sees the workings of the body primarily through the spinal and muscular systems and use their hands to adjust the joints of the spine and limbs.
Training and Qualifications	Bachelor's degree - BSc (Hons) Physiotherapy. 3 years full time study including theory and clinical practice, usually followed by at least 2 years' broad clinical experience within the NHS.	Bachelor's degree in Osteopathy (a BSc Hons, BOst or BOstMed) or a master's degree (MOst). 4 years full-time study including theory and at least 1,000 hours of clinical training.	Master of Chiropractic degree MChiro (Hons). 4 years full time study including theory, observation and case studies. The final year is spent treating patients on site under supervision.
Regulation	Protection of title and statutory regulation with the Health and Care Professions Council (HCPC).	Protection of title and statutory regulation with the General Osteopathic Council (GOsC).	Protection of title and statutory regulation with the General Chiropractic Council (GCC).
Conditions treated	Wide range of conditions treated including back and neck pain, sports injuries, arthritis and many other common musculoskeletal conditions, also neurological conditions such as stroke or MS and respiratory conditions.	Wide range of conditions treated including back and neck pain, sports injuries, arthritis and many other common musculoskeletal conditions.	Wide range of conditions treated including back and neck pain, sports injuries, arthritis and many other common musculoskeletal conditions.
Access	Widely available on the NHS and privately.	Not widely available on the NHS, mostly private.	
Cost / Insurance	£40 to £50 for 30 minutes and around £70 for one hour. Covered by most health insurance schemes.		