

## **Alistair Richardson**

*Second year LSO student studying on a full-time basis.*

Alistair is combining studying for a M<sup>O</sup>st degree at the London School of Osteopathy with his job as a personal trainer and sports injury therapist at his clinic based in Islington.

Prior to studying at the LSO Alistair had graduated with a Masters in Sport Science Bio-Mechanics from the Middlesex University. He also qualified as a (Master) Personal Trainer, Nutritionist and Sports Injury Therapist.

Alistair treats many people of all ages, genders and sporting abilities. He wants to use osteopathy as part of their treatment programmes. In order to do this Alistair needs to obtain an osteopathy degree, accredited by the General Osteopathic Council.

Alistair came to look round the London School of Osteopathy during one of their Open Days. He found the small friendly college welcoming and inclusive. He liked the way that the teaching rooms were set up around teaching plinths as opposed to rows of desks.



Since starting at the LSO two years ago he feels very much part of the college.

He says "Everyone knows one another, whether you are a student or a member of the academic or clinical staff. Here you aren't simply another student number."

Alistair says about the course, "The osteopathy degree builds on my experience and studies so far but goes into far more detail about areas such as neuroanatomy and pathophysiology.

It's been great to be able to get hands on experience from the early stages of study."

