

Building Careers, Transforming Lives

THE LONDON SCHOOL OF OSTEOPATHY

*Full-time and
Part-Time
Osteopathy
Degree Courses*



Degrees Awarded by:
Anglia Ruskin University

Degrees Accredited by:
The General Osteopathic Council

OSTEOPATHY

- Osteopathy is recognised as an Allied Health Profession by NHS England. Osteopaths may work alongside other health professions in multi-disciplinary practices, or work within their own practice.
- Osteopathy is a gentle and effective hands-on approach to healthcare, based on the principle that the way your body moves influences how it functions.
- Osteopaths treat a wide range of patients from babies to the elderly. Many patients visit an osteopath seeking pain relief. Some patients will have ongoing underlying conditions such as arthritis, others will be seeking treatment for pain relating to an injury or accident.
- An osteopath is trained to treat pain anywhere in the body that may be caused by the musculoskeletal system.

WHY STUDY OSTEOPATHY



"Osteopathy treatment helps me understand what is the cause of my pain and offers a solution to the pain. If I just took pills for pain relief I wouldn't know what was happening to my body."

LSO Student Clinic Osteopathy Patient

- Osteopaths treat people not conditions. As an osteopath you will take time to understand your patient.
- Osteopaths learn how to take a patient's medical history and how to perform a range of orthopaedic and diagnostic tests.
- Osteopaths learn how to use their hands to find and treat problems.
- Osteopaths are experts in the human body and are able to provide advice and support regarding posture, exercise, stress reduction and other lifestyle issues that may form part of the ongoing management of a patient's recovery.
- After qualification, osteopaths have the opportunity for further career development. Many choose to specialise in an area of particular interest, for example cranial osteopathy, equine osteopathy, rehabilitation, teaching or research.

WHY STUDY AT THE LSO?

- You have the opportunity to study on a full-time or part-time pathway at the LSO and choose to qualify with a M_{Ost} or B_{Ost} qualification.
- Our full-time B_{Ost} qualification offers students the fastest pathway to qualify as an osteopath in the UK and enables you to register with the General Osteopathic Council.
- We are experts in osteopathy. Our osteopathy lecturers are all currently working in practice, so they are able to share with you the latest research and techniques.
- Practical, hands-on clinical training is at the heart of what we do. First year full-time students will spend at least 70 hours engaged in practical classes plus 100 hours in our teaching clinic in Bethnal Green.

A SMALL COLLEGE WITH A PASSION FOR WHAT WE DO



The LSO is a specialist osteopathy college. We are passionate about what we do and have been training osteopaths for over 70 years.

LSO students find that our 'open door' policy and friendly welcoming atmosphere offer a great environment in which to study. In the event of any personal concerns or anxieties, our Student Adviser is on hand to provide one-to-one support. There is also a wealth of online support materials, ranging from study skills, pastoral support, mindfulness and more.

Mature students particularly like our style of teaching and feel well supported as they make the transition from working to studying.

" I love how much I get to learn about a subject I have so much passion for. I'm very happy with the progress I'm making. I'm very happy with the friendships I've made."
Huseyin Part-Time LSO student

A PROFESSIONAL QUALIFICATION

- To practice as an osteopath in the UK you need to register with the General Osteopathic Council, the Governing Body for the profession. A degree from the LSO enables you to join the GOsC register and practise in the UK.
- Our osteopathy degrees cover a diverse range of subjects with the focus on modules which help you gain a detailed understanding of how the human body works.
- Osteopaths don't just learn about the musculoskeletal system. The course contains extensive lectures in anatomy and physiology, and includes other related disciplines such as sociology and psychology.
- All students are initially admitted onto the MOst degree pathway. In your penultimate year of study you are able to make the decision, with the support of your tutors whether you wish to transfer to the BOst qualification.
- MOst and BOst students are taught in the same lectures and will work alongside one another in clinic during the first two years of their studies. MOst students will commit to additional hours training in the clinic and will undertake an extended research project.
- The course content for both the full-time and part-time courses is the same with the part-time course spread over more time.

THE PATHWAY TO BECOMING AN ALLIED HEALTH PROFESSIONAL



Osteopathy is recognised as one of 14 Allied Health Professions by NHS England.

As an Allied Health Professional osteopaths work closely with other health professionals such as GPs, nurses and midwives. The NHS recognises that osteopathy complements other medical interventions including surgery and prescribed medication.

"I was surprised how medically based the course is. How much not only anatomy & physiology but also pathology, clinical research & pharmacology you need to study."

Sayeh Kelly, Part-Time LSO student

WHAT WILL I STUDY?

- The first part of the course introduces you to the theory, philosophy, concepts & principles of osteopathy. Alongside theoretical lectures you will start learning practical skills such as palpation, observation, joint movement and soft-tissue techniques.
- Pathology modules include both the theory behind disease processes and the signs and symptoms that will help you learn how to assess a patient using standard medical procedures.
- In the second part of the course the emphasis switches from study in the college to practical work in the clinic. In the clinic you will take increasing responsibility for conducting and evaluating patient care.
- Outside of the clinic you will learn about professional regulations, ethical and medico-legal considerations. In addition you will study the skills you need to successfully set up your own practice.

MOST & BOST degree modules

COURSE SUBJECTS	MOst	BOst
Osteopathy (all years)	✓	✓
Anatomy & Physiology	✓	✓
Clinical Pathology	✓	✓
Professional Studies	✓	✓
Research Studies	✓	✓
Differential Diagnosis	✓	✓
Extended Portfolio	✓	✗
Major Research Project	✓	✗
Clinical hours (spread across all years)	1,200 hours	1,000 hours

Note all students are initially enrolled on the MOst course with the option available to switch to the BOst pathway in your penultimate year of study.

FOCUS AREAS OF THE COURSE

Level 4 Foundation Stage



Focus Areas: Osteopathic studies including theory, philosophy, concepts & principles, and practical skills such as case history taking, palpation (a refined sense of touch), observation, joint movement and soft-tissue techniques. Contact teaching time is far in excess of the University standard, which is essential for learning practical skills.

Participation in the outpatient clinic is mandatory even at level 4.

Level 5



Focus Areas: The osteopathy classes continue to build on the skills learnt at level 4, and progress to integrating the knowledge acquired in the other level 5 classes. Examples of techniques practised are articulation, muscle energy techniques, functional and indirect approaches, and high velocity thrust techniques.

In clinic, students participate in an increasing range of patient examinations and treatments.

Level 6



Focus Areas: The osteopathy classes build on level 5, and continue to feature significant amounts of practical work alongside theoretical constructs. Skills are applied to a wide range of scenarios, and clinical reasoning and hypothesis generation are expanded.

In clinic, students become 'senior students', responsible for conducting and evaluating patient care.

Final Year



Focus Areas: Osteopathy classes consolidate previous learning and find expression in autonomous clinical practice.

The amount of support needed from Clinic Tutors decreases, and students play a role in helping junior students develop. All of this is aimed at ensuring students are ready for their role as an independent healthcare professional at the point of graduation. LSO osteopaths graduate as 'general practitioners', with basic skills in specialist areas which they may choose to go on and develop further in their future careers.

HOW WILL I STUDY?

- At the LSO we focus as much on the practical side of study as the written course work. Our classrooms in the college are set up to enable practical demonstrations to take place alongside written studies.
- From your first term at the college you will spend time learning practical skills in our clinic alongside clinical tutors and senior students.
- Teaching takes place in small tutor groups enabling lecturers to provide individual support for students.
- Students are expected to undertake self directed study during the week. The library and lecture rooms are made available to help you with this study. During your induction process support and guidance is provided to help you understand how to study effectively.
- For full-time students timetabled lectures take place during the week. In the first year this is kept, where possible, to three days per week. For part-time students lectures take place on alternative weekends during term-time.
- At the LSO we try to be as flexible as possible in allowing students to schedule in their clinic hours.



WHAT DO OUR STUDENTS ENJOY MOST ABOUT THE LSO?

"The friendly and close community of the school."

Leigh, full-time student

"It's a great learning environment."

Mick, part-time student

"It is very personable, friendly school with small groups and approachable tutors and lecturers."

Jenny, part-time student

"Smaller classes. Everyone knowing each other. More flexibility with clinic hours."

Jashwini, full-time student



COURSE WORK & ASSESSMENT

- Throughout the course regular assessments take place to help monitor your progress. Assessments take a variety of forms including practical examinations, presentations, case studies and video assignments.
- Tutors and lectures are available to provide regular feedback on any assessments.
- At the end of each academic year formal written and practical examinations take place. For final year students this will include professional examinations as required by the General Osteopathic Council.
- At the start of the course we assess students to identify any additional support that may be needed (for example in relation to students with dyslexia).
- Students who choose to graduate with an M_{OST} will be required to undertake a Masters level research project. Students are free to choose a topic which is of particular interest to them. Some students find that this element of the course enables them to focus on an area that they would like to specialise in after graduation.
- The aim of all of the assessments is to ensure that you leave the LSO as a confident clinician able to practice independently.



LIFE AFTER THE LSO

Graduates of the LSO have gone on to have successful and varied careers within the Osteopathy profession.

At the LSO students are equipped with the skills that will enable them to set up their own successful practice if they choose.

Some students choose to specialise in an area which they have found to be of particular interest during their studies - this could include animal osteopathy, cranial osteopathy, sports & rehabilitation or maternity.

We also offer the opportunity for a small number of graduates to return to work as graduate practitioners within our teaching clinic.

A number of graduates have enjoyed their time at the LSO so much that they have returned as teachers, passing on their knowledge and skills to the next generation of osteopaths.

ALL STUDENTS ARE ADMITTED ON THE MASTERS OF OSTEOPATHY COURSE WITH THE OPTION TO TRANSFER TO THE BACHELORS DEGREE DURING YOUR STUDIES.

Apply for full-time study via UCAS

Masters in Osteopathy (MOst)

4 YEARS FULL-TIME
UCAS COURSE CODE: B310
INSTITUTION CODE: A60
CAMPUS CODE S

Bachelors in Osteopathy (BOst)

3 YEARS 6 MONTHS FULL-TIME
UCAS COURSE CODE: B310
INSTITUTION CODE: A60
CAMPUS CODE S

Apply for part-time study via our website www.lso.ac.uk

Masters in Osteopathy (MOst)

5 OR 6 YEARS PART-TIME

Bachelors in Osteopathy (BOst)

5 YEARS PART-TIME

APPLY TO THE LSO

Once you've decided that you would like to apply to study at the London School of Osteopathy you make your application in one of two ways.

Applications for full-time study

To apply to study full-time you should make your application via UCAS. Our degrees are validated via Anglia Ruskin University and on UCAS you will see our courses listed under this institution.

Applications for part-time study

To apply to study part-time you should make your application via our online form which can be found on our website www.lso.ac.uk

Once we have received your application it will be passed to our admissions team. Applicants that meet our criteria will then be invited to attend an interview. Shortly after this you will be notified of our decision.

Our degrees are validated and awarded by Anglia Ruskin University. Our degrees are accredited by the General Osteopathic Council. On successful completion of your degree you are able to join the GOsC register of osteopaths enabling you to practice within the UK. Our degrees are also currently recognised in the EU.

"Staff are always open to share knowledge. The senior leadership team doors are open and are extremely happy to share or point you in the right direction. It is a very supportive team at the LSO."

Lloyd, Part-Time LSO Student.



OPEN EVENTS

- At the London School of Osteopathy we run a number of Open Events throughout the year that enables you to visit the college in person.
- Open Events take place at our college in Bermondsey.
- During an Open Event you will get the chance to meet with lecturers and current students and ask questions about the course and studying at the LSO.
- You will get to tour the college and visit the facilities
- Dates of forthcoming Open Events can be found on our website - www.lso.ac.uk



USEFUL RESOURCES

The General Osteopathic Council is the regulatory body for Osteopaths in the UK. They work with the public and the osteopathic profession to promote patient safety by setting, maintaining and developing standards of osteopathic practice and conduct.

www.osteopathy.org.uk

The Institute of Osteopathy (iO) is the UK's leading professional membership organisation for osteopaths. The purpose of the institute is to support, unite, develop and promote the osteopathic profession, for the improvement of public health and patient care.

www.iosteopathy.org

Images: General Osteopathic Council, Jan Chelbik, Mark Turnbull

"Being able to gain practical hands on experience from the first year has been a huge positive for me. I think if I'd had to wait until the second or third year of studies I would have started to become apprehensive about working in the clinic."

Daniel Lyons, 2019 Graduate

THE COLLEGE

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