



HALIFAX OSTEOPATHS PAIN & INJURY CLINIC

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BLUE MOON NEWSLETTER



**The super blue blood moon was visible on 31st
January 2018 and combines a blue moon,
supermoon and lunar eclipse**

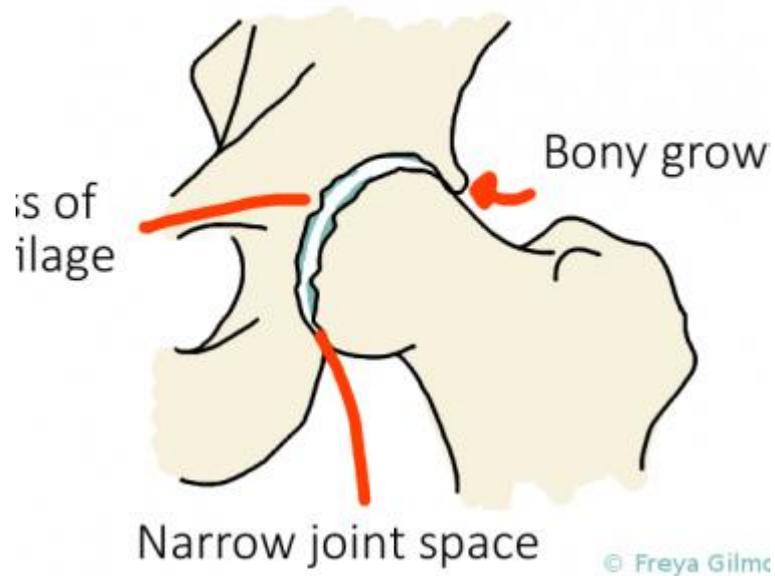
A Super Blue Blood Moon is a combination of super, blue and blood moons and a lunar eclipse. It's not blue, the term 'once in a blue moon' just means a rare event. Since we have not sent a newsletter for a year, we thought this an appropriate title.

Can Anyone Help An Arthritic Hip?

A very thorough article discussing Osteoarthritis of the hip; how Osteopathy can help; research supporting its effectiveness and testimonials from people helped

<http://doesosteopathywork.org/20.../.../13/osteopathy-arthritis/>

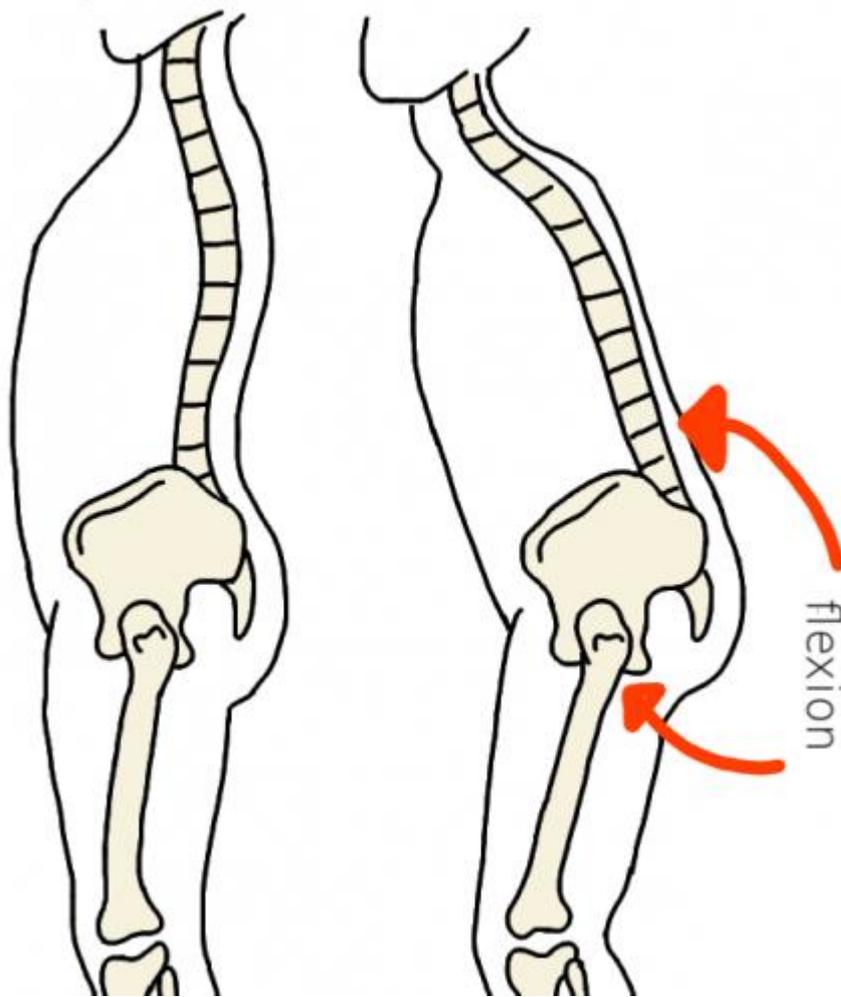
Osteoarthritic hip



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[Does Osteopathy Help with Arthritis? - Does Osteopathy Work?](#)

[Does Osteopathy Help with Arthritis? - Does Osteopathy Work?](#)



**FANCY A 10% DISCOUNT
IN FEBRUARY?**

PILATES FOR THE PROFESSIONALS

Jane has been teaching mat based pilates on a weekly basis for the West Yorkshire Fire & Rescue HQ staff at Birkenshaw.

The fire service are currently investing in Health and Well Being for there employees. Jane was invited to demonstrate pilates at the mental health awareness open day, thereafter she was asked to teach pilates every week.

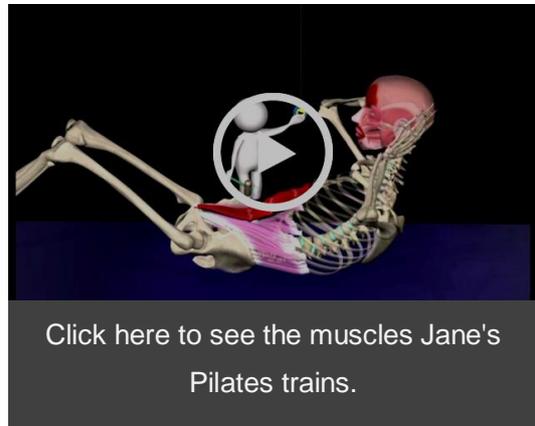
Emphasis on spinal articulation, core control and body awareness assists firefighters and fire staff with there daily activities.

Jane has received positive feedback about her classes and has regular attendance from a mixture of operational firefighters and support staff.

To get your 10% discount all you have to do is:

- 1. Check into and Like our Facebook page**
- 2. Follow us on twitter**
- 3. Follow us on Instagram**
- 4. Follow us on google**

Be the first to hear about exclusive updates, special offers, news and events!





NEVER TOO OLD TO LEARN

All Osteopaths have to do 30 hours of Continuous Professional Development (CPD) every year to maintain their qualification as an Osteopath which is monitored and regulated by the General Osteopathic Council (GOsC). It is that time of year when Andrew has to hand in his summary of CPD events attended and explain their relevance to his Osteopathic Practice. As a way of showing the sort of events Osteopaths attend, this is the list of Andrew's CPD this year with an explanation below:

4th March 2017: Attended a lecture on communication and consent with patients.

This was a course organised by the Osteopath's "trade union body" The Institute of Osteopathy (iO). This was run because the biggest cause of complaint about Osteopaths (who are now the least complained about profession!) is a failure of communication with their patients to explain what and why they are doing treatments and techniques.

12th March 2017: Definition and Science Behind Manipulations.

This was a practical workshop covering Osteopathic techniques, their recently identified risks and refinements with examples of when they have been wrongly applied or caused injury. Although these events are rare, by learning about them when they happen we can avoid such mistakes ourselves.

8th July 2017: Emergency First Aid:

Every three years Osteopaths have to do a refresher course in first aid. This year we also used a defibrillator. We have discovered the nearest one to the practice is at the Victoria Theatre and are hoping not to have to use it, but are now ready if we do!

15th October 2017: The Osteopathic Voice:

Jane and Andrew travelled to the Royal Northern College of Music in Manchester to hear Osteopath and voice coach to the stars Ashley Stafford describe how he uses Osteopathy to improve the voice and performance of professional singers.

21st & 22nd October 2017: The Institute of Osteopathy Annual Convention:

Andrew travelled to London to meet Osteopaths from all over the country and attend lectures by the Institute of Classical Osteopaths who follow the teachings of the founders of Osteopathy which originally used to treat a wide range of diseases and medical conditions by correcting the body's structure to allow it to heal itself. They had some interesting techniques which Andrew has applied to his practice, but would still rather refer patients with infective diseases to their GP.

From this year the structure of Osteopath's CPD changes and although the number of hours per year remains at 30 hours, these can be spread over a 3 year cycle to allow Osteopaths to attend longer courses and count them as part

of their CPD in other years. For example Andrew is interested in doing a Cranial Osteopathy course that normally takes place in weekly stages, but can thus count for CPD hours in future years.

We also have to undertake peer review, where we will review each others' cases to learn from their clinical practice and make suggestions from our own.

