
Village Business

Oh Those Bones!

Though many of you may know me already, I am really pleased to introduce myself to those who don't, and to update those who do.

Perhaps the most recent change in my life, and the main reason for this article, is that I have qualified as an Osteopath. My career path has been very varied but interesting; from studying veterinary medicine to teaching primary school children, I have been kept well on my toes for the past ten years!

Knee Bones to Thigh Bones

I have always believed that variety is the spice of life and perhaps that is why I enjoy being an Osteopath so much. Every patient is different and so every day is different, you never know what a new patient will present with and could be treating anything from an ankle sprain to an arthritic hip or a headache.

I studied Osteopathy at Oxford Brookes University on their five-year part-time BSc honours programme, the course was very well structured with modules ranging from anatomy and clinical pathology to obstetrics and paediatrics. I particularly enjoyed my time in the University's clinic in Headington which provided contact with patients from day one and a perfect balance of support and freedom to prepare me for 'going it alone' in my own clinic.

I was lucky enough to be taught by lecturers who had been trained at many



different Osteopathic schools. As a result I am equipped with a variety of approaches which helps me tailor treatments to the many different patients I have encountered, because everyone is

different and every patient responds slightly differently to treatment. The ability to tailor a treatment to a patient is one of the joys of Osteopathy and means that it is suitable for everyone.

Dealing with your Stresses

My passion for horses has helped me learn about the stresses placed on both horse and rider and I hope to undertake further study to help me combine my veterinary knowledge with osteopathic skills and help treat our four legged friends along with their riders. Right now, I'm enjoying living and working back in my home of Milton and look forward to many happy years in the village. I hope you will feel free to call me on: 01993 831957, or grab me as I pass by on my horse Henry, to ask any questions about Osteopathy or, if you're suffering from an ache or pain, come and have a chat and a treatment. If you have Internet access, the following sites have very useful information about Osteopathy: The General Osteopathic Council: www.osteopathy.org.uk and The British Osteopathic Association: www.osteopathy.org

Liz Fox