

Active Health

ESO Clinic newsletter - Issue 1 (2018)



European School
of Osteopathy

Celebrating 40 Years at Tonbridge Road

2018 is a special year for the ESO as we mark 40 years of osteopathic care at our Tonbridge Road clinic. The Clinic has undergone some major changes over the years, from improved disabled facilities to specialist clinics for Headache and Women's Health. And we continue to strive to improve the care we offer our patients; our recently introduced Patient Experience Group is designed specifically to improve communication between patients and ESO management, helping us understand what we're doing well - and not so well - so we can continue the Clinic's development.

Over the years, the ESO's reputation has gone from strength to strength and we now provide over 20,000 consultations to the Maidstone community each year. The quality of our clinical education is renowned throughout the region and the osteopathic community as a whole; osteopaths around the world are recommending the ESO as the best place to train. We very much appreciate the part our patients continue to play in our success, helping produce the next generation of forward-thinking, holistic healthcare professionals. If you would like to play a greater part by joining our Patient Experience Group please do speak to a member of our Reception staff or contact us through the School's website.

With best wishes for 2018
The ESO Clinic Team



Original reception area at the ESO's Tonbridge Road Clinic

Patient Experience Group - have your say!

We're looking for representatives for our Patient Experience Group. The PEG meets at the ESO Clinic on a quarterly basis plus we're planning an online forum for 'virtual' members - so those with conflicting home or work commitments can still get involved in the conversation. At our inaugural meeting, members asked us to:

- reintroduce the patient newsletter in printed form;
- provide patient feedback forms in both reception areas;
- look again at how Reception B can be utilised, particularly to help support mobility impaired patients.

Updates on PEG initiatives will be available online and within each newsletter. If you'd like to help influence decision-making at the ESO ask at Reception about PEG membership or [contact us](#) via our website.

Did you know?

There are currently 212 undergraduates studying osteopathy at the ESO, with 25 nationalities represented. For information about our 4-year degree programme and flexible entry requirements visit www.eso.ac.uk

Sign up for email updates

www.eso.ac.uk/patient-newsletter

Tel: 01622 685989 Web: www.eso.ac.uk/clinic

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Patient Profile - Kent Senior Male Athlete of the Year Peter Davey talks about competing at the highest level – and how osteopathic treatment has helped



ESO Clinic patient Peter Davey has been winning track and field titles since becoming a Masters level athlete at the age of 35. In December 2017 he was named Kent Senior Male Athlete of the Year in recognition of his fantastic achievements. We caught up with Peter after his recent ESO Clinic appointment.

“It was such an honour to receive the Award and totally unexpected – to be recognised at the age of 43 alongside previous award recipients like Adam Gemili was amazing and I still can’t quite believe it’s happened.

At the start of 2017 it really didn’t look like it was going to be my year. I was totally focused on preparing for the World Masters Games, due to take place in Auckland, New Zealand in April; it’s the absolute highlight of my programme and with 28 sports represented it’s a fantastic event on par with the Olympics. Things were going well and I was in great shape until February when a hamstring tear threatened to put an end to my hopes. I was told by one of the Clinic tutors that it could take up to 4 months for the injury to heal, too late for the games, which were only 10 weeks away. I’d been having treatments with my student practitioner, Monica, for a while so she knew how much competing meant to me - we were

both determined to do what we could to get to me fit in time. I visited the Clinic regularly for treatment and was given a range of exercises to take away, which I followed to the absolute letter!

By the time of the competition, my hamstring was feeling well enough to chance making the trip to New Zealand, even though I’d not been able to do any serious training. My main event is usually the sprint but I decided against running the 100m on this occasion – my hamstring injury surfaced during a 60m hurdles race and I wasn’t prepared to risk such an explosive event on the first day of competition; although I still couldn’t resist running the 400m and then the 110m hurdles, where I won silver.

My gold medal triple jump turned out to be my best distance since 2010 – I’d only competed at this event indoors in the past couple of years so it was a fantastic and unexpected result, especially in view of the injury I’d sustained earlier in the year.”

We asked Peter why he chose the ESO Clinic for treatment.

“I first visited the Clinic in about 2011 and over the years the treatments have, I feel, really helped my body recover from injury. I remember one time visiting with what I thought was an achilles problem – after a few sessions the treatment and exercises didn’t seem to be having an effect so I was referred to the ESO’s ultrasound clinic for further investigation. As it turned out there was nothing wrong with the tendon itself – it was purely the exit point for my pain. By focusing treatment on my back and hips the problem was resolved. I think what I really enjoy about being a teaching clinic patient is the communication; the tutors challenge students to think outside the box and consider any connections that can be made with the symptoms you’re experiencing. And you get to listen and join in with the conversation so you can explain exactly what you’re feeling and when. I also enjoy being part of the student’s learning - having a tutor apply a technique first of all means I can experience a treatment and then tell the student it’s ok to push a bit deeper if they’re being overly cautious.”

And for the future? “Currently I’m having treatment for swelling in my left knee – I’m competing in Madrid in March so hopefully Monica can help sort me out in time for that!”

We are proud to support Kent’s leading athletes by offering discounted treatments for members of the Kent Sports FANS scheme. You can find more information about the scheme at www.kentsport.org/get-active/sport-performance/fans-scheme/. To find out how the ESO Clinic could support your club or organisation visit our website contact us via our website www.eso.ac.uk/clinic-contact/.

Tips and hints for avoiding injury

Not all sports injuries can be prevented, but you can reduce your risk of getting injured by:

- warming up properly before you exercise;
- not pushing your body beyond your current fitness level;
- using recommended safety equipment for specific sports, such as shin guards for football or a gum shield for rugby;
- receiving coaching to learn correct techniques.

To find out how the ESO could help your performance visit our website at www.eso.ac.uk/sports-injury-clinic/. Sports appointments are available throughout the week – please ask at reception for details.

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