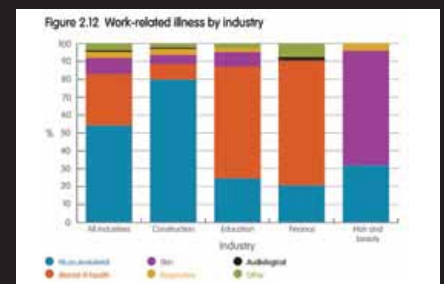




## Osteopathy - information for employers

- Musculoskeletal problems are the second highest cause of sickness absence in our Trusts and we have found rapid access to an osteopath can prevent or reduce sickness absence and allow employees to benefit physically from early intervention  
*Oxford and Buckinghamshire Mental Health NHS Trust Foundation*
- An estimated 11.6 million working days a year are lost to work-related MSDs  
(<http://www.hse.gov.uk/msd/hsemsd.htm>)
- An MSD accounted for around one in eight people who were issued a sick note  
*Dame Carol Black, Working for a Healthier Tomorrow, 2008*
- The average length of time certified for those with MSDs was 10 weeks, almost 2 weeks more than the average for all conditions  
*Dame Carol Black, Working for a Healthier Tomorrow, 2008*
- Long-term absence – which is mainly due to stress, anxiety and depression and to back pain and other musculoskeletal disorders – accounts for 40% of lost working time  
*Cost to business of workplace absence, CBI 2008*
- Osteopathy plays an important role in occupational health and has been included in examples of best practice cited by UK Health and Safety Executive  
*Good Health in Good Hands, General Osteopathic Council 2008*
- Osteopathic advice on manual handling and workstation ergonomics contributes to injury prevention and osteopathic treatment assists a rapid return to work in conditions such as muscle and tendon injuries, repetitive strain injury, neck and low back pain, and sciatica  
*Good Health in Good Hands, General Osteopathic Council 2008*



For further information visit the BOA's website or contact:  
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