

# Osteopaths consider it part of their role to provide lifestyle modifications and exercise advice

By Caroline Easter, European School of Osteopathy

## Background

Exercise and physical activity are frequently recommended in research and public health guidelines as an essential adjunct to manual therapy to improve patient outcomes. Little is known about osteopaths' attitudes to exercise consultation and the extent to which they incorporate it in their clinical practice.

## Methods

**Design:** A cross-sectional survey

**Instrument:** online questionnaire based on Mistry et al. 2018

**Participants:** GOsC Osteopaths

**Data Collection:** July 2021.

**Analytical Methods:** Responses gathered via Google Forms and analysed with Excel and Analyse-IT add-on

## Key Results

- **>33%** of respondents engage in exercise consultation with 'all' or 'most' of their patients
- **>90%** engage in exercise consultation 'to some degree'
- Respondents appear to be familiar with exercise evidence base and appear interested in promoting exercise therapy.
- Positive attitude score towards the UK's Physical Activity Guidelines
- Study showed similar results to those obtained by Mistry et al. (2018) in New Zealand

- **Further investigation suggested in relation to the provision of exercise consultation training in osteopathic education to support these activities.**



### Attitude scores

Expressed as a % of the maximum "positive attitude" towards active living advice and exercise prescription

Mean attitudinal score:

- **active living advice** (80% +/-9.42)
- **exercise prescription** (76% +/-6.67)

Mean attitudinal score to physical activity guidelines: **84.4%** (+/-0.12 range 45-100)

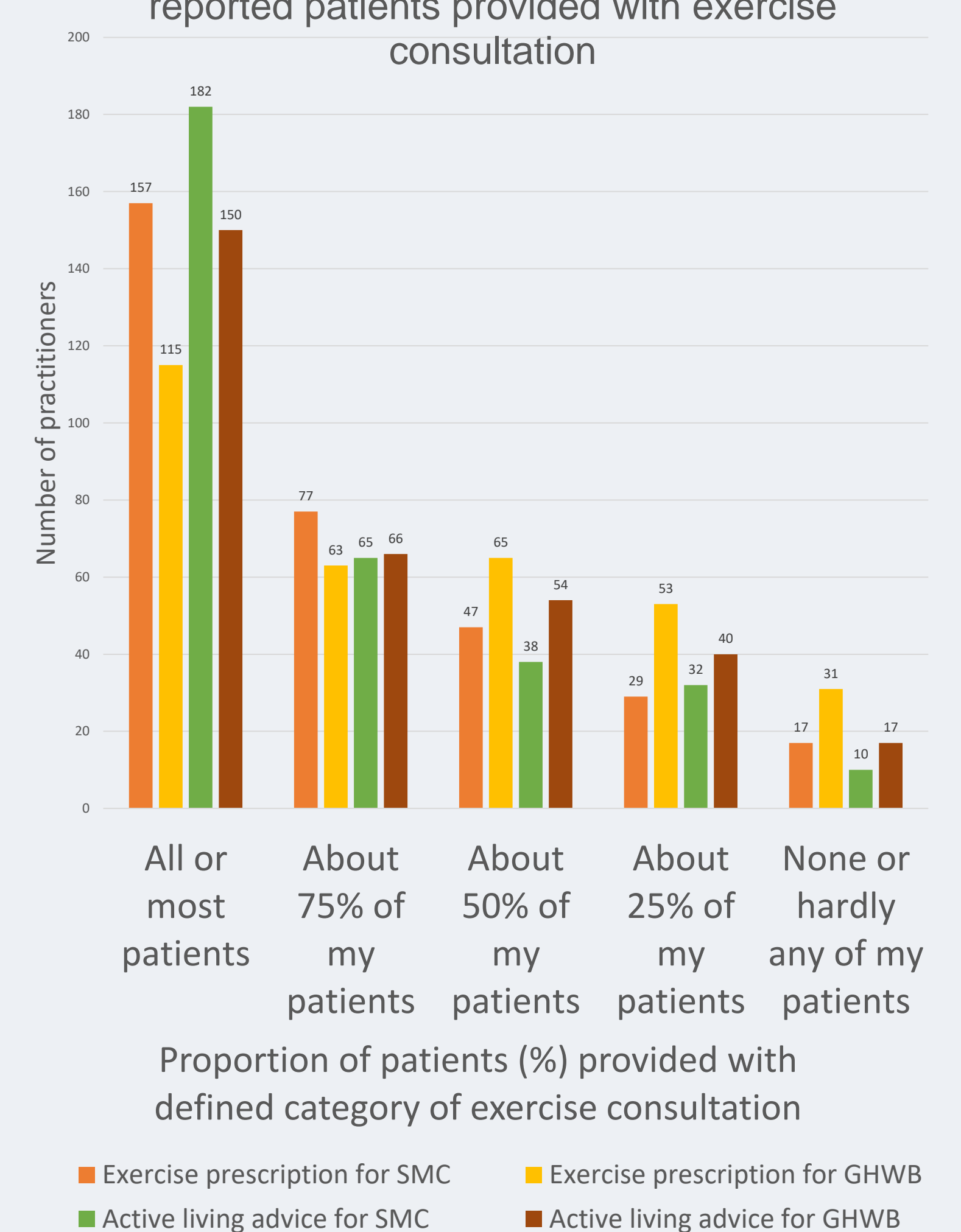
### Factors predictive of Attitudes

- Correlation of practice style factors with attitudes showed age was weakly predictive of attitudes to exercise prescription ( $R^2$  adjusted 0.031) and active living advice ( $R^2$  adjusted 0.036)
- Correlation of lifestyle factors with attitudes showed:
  - alcohol consumption was weakly predictive of attitudes to active living advice ( $R^2$  adjusted 0.06)
  - alcohol consumption and prior personal experience of rehabilitation were weakly predictive of attitudes to active living advice ( $R^2$  adjusted 0.02)

**NB Small sample size prevents generalisation to UK osteopaths**

### Practice of exercise consultation

Bar graph for proportion of respondent-reported patients provided with exercise consultation



### Key demographics:

**327** Respondents (11.5% response rate equating to 6% of Register)

53% Female

99% UK Trained

Mean age – 50y

Mean time in practice – 18 years

19% reported 'good' or 'adequate' training in exercise consultation by OEI

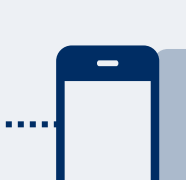
49% held additional qualification in exercise therapy (i.e. Yoga, Pilates, personal training, gym instructing)



## Attitudes and Self-Reported Practices of UK Registered Osteopaths to Exercise Consultation



**Caroline Easter**



Scan the QR code to read a summary with references

Let me know what interests you about this topic.

Contact:

[Caroline.Easter@bcnogroup.ac.uk](mailto:Caroline.Easter@bcnogroup.ac.uk)