

History of Physiotherapy

1894 – Formation of **Society of trained masseuses**

1920 – Granted a Royal Charter; became the Chartered Society of Massage and Medical Gymnastics.

1944 – Adopted the name **Chartered Society of Physiotherapy**.

1985 – The **Society of Remedial Gymnastics and Recreational Therapy** formally merged with the **Chartered Society of Physiotherapy (CSP)**.

1986 – The legal change took effect. The **Remedial Gymnasts Board** was abolished, and registered remedial gymnasts effectively became physiotherapists.

Present: the emphasis is on exercise and away from hands on treatment.

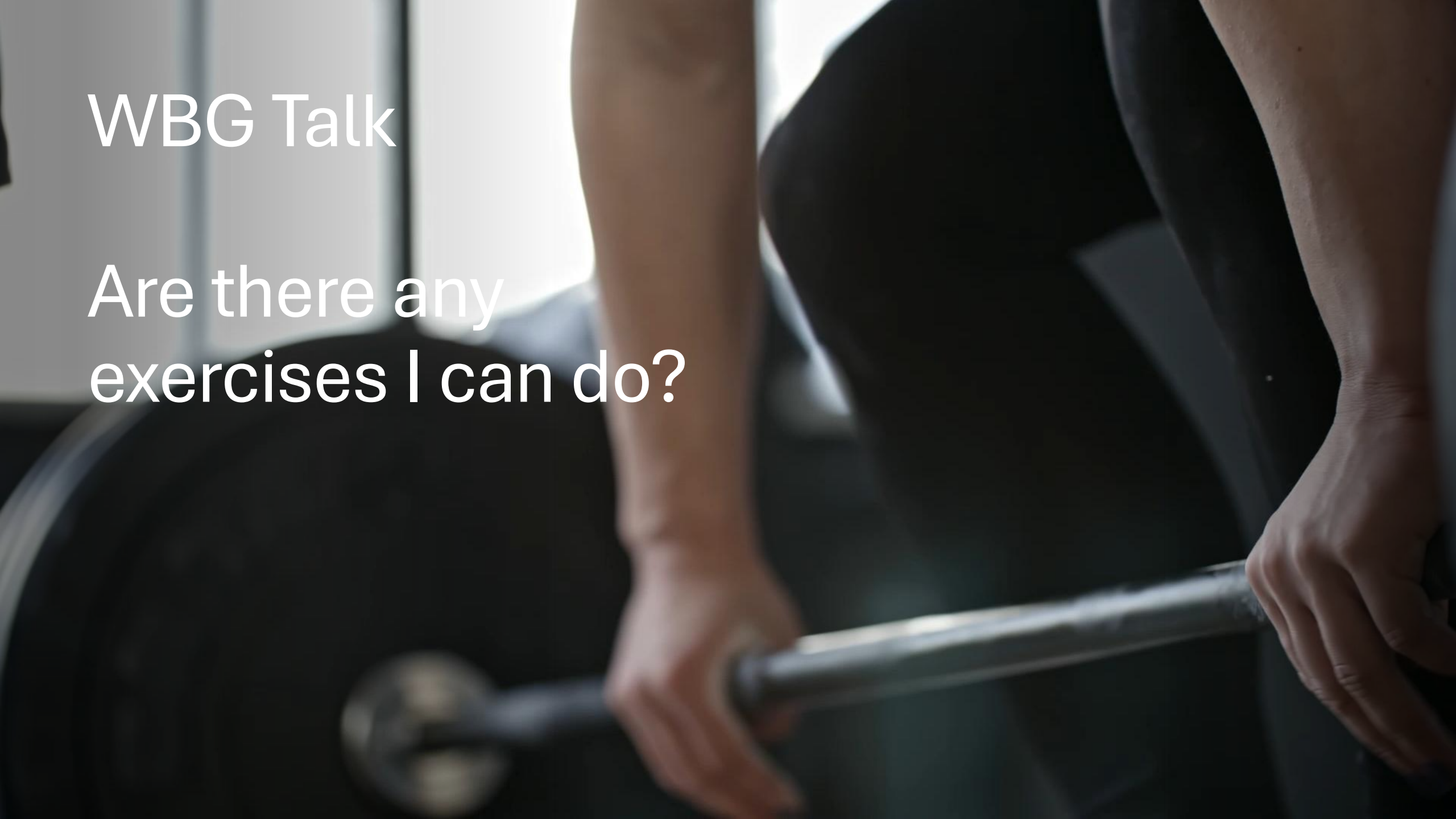
History of Osteopathy

1874: Founded by **Dr Andrew Taylor Still** in the USA. Combined influences from **traditional bone-setting**, the **natural health movement**, and **19th-century spiritual and philosophical ideas**.

1993 The **Osteopaths Act** established statutory regulation in the UK.

1998: The **General Osteopathic Council (GOsC)** assumed responsibility for regulating the profession, protecting the title *osteopath* and setting standards for education, conduct and professional competence.

Present: the emphasis is still on body alignment, structure and ease of movement. Although newer graduates are drifting towards physio...

A close-up, slightly blurred photograph of a person's hands gripping a barbell. The person is wearing a dark, short-sleeved shirt. The background is out of focus, showing what appears to be a gym environment with a window. The text is overlaid on the left side of the image.

WBG Talk

Are there any
exercises I can do?

Some people
exercise so that
they can play
games or sport.





Where do most of my patients' injuries come from?

Falling ★★★★★

Gardening ★★★★★☆

Horse riding ★★★★★☆

Football & rugby ★★★★★☆

Yoga ★★☆☆☆

Golf ★★☆☆☆

Computers & gaming ★☆☆☆☆











not very busy
for a Saturday!











Most injuries I see are
not sporting injuries—
they're ordinary people
doing ordinary things.

