

## Annex A to Item 5

### Starting out in practice survey results

Length of time practising as an osteopath	Total	Percentage
Less than a year	14	52%
One year	10	37%
Two years	2	7%
Do not wish to answer	0	0
Other	1	4%

Which osteopathic education provider did you graduate from?	Total	Percentage
BCOM	1	4%
COO	3	11%
ESO	2	7%
LCOM	0	0
LSO	2	7%
Marjon	1	4%
NESCOT	4	15%
Swansea University	2	7%
UCO	12	44%
Other	0	0
Do not wish to answer	0	0

Was osteopathy your first or second career?	Total	Percentage
First	5	18.5%
Second	21	78%
Other	1	4%
Do not wish to answer	0	0

Where do you practice in terms of main geographical location?	Total	Percentage
Greater London or Middlesex	7	26%
South-East England	11	41%
South-West England	4	15%
Eastern Home Counties	0	0
Central England	1	4%
Northern England-East	0	0
Northern England-West	1	4%
Wales	1	4%
Scotland	0	0
Northern Ireland	0	0
Europe	1	4%

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Elsewhere in the world	1	4%
Do not wish to answer	0	0

<b>Is your practice or clinic in the same geographical location or area as the osteopathic education provider that you graduated from?</b>	<b>Total</b>	<b>Percentage</b>
Yes	9	33%
No	18	67%
Do not wish to answer	0	0

<b>Are you working as:</b>	<b>Total</b>	<b>Percentage</b>
Principal	0	0
Associate	18	67%
Sole practitioner	3	11%
Other	6	22%
Do not wish to answer	0	0

<b>How many clinics or clinic sites, the work?</b>	<b>Total</b>	<b>Percentage</b>
One	11	41%
Two	11	41%
Three+	4	15%
Other	1	4%
Do not wish to answer	0	0

<b>What type of practice do you spend the majority of your working week?</b>	<b>Total</b>	<b>Percentage</b>
Sole practice	6	22%
Group practice (with other osteopaths)	7	26%
Multidisciplinary practice (with other osteopaths and other healthcare providers)	13	48%
Other	1	4%
Do not wish to answer	0	0

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<b>How many hours do you practice as an osteopath per week on average?</b>	<b>Total</b>	<b>Percentage</b>
0-4 hours	1	4%
5-14 hours	5	18.5%
15-24 hours	5	18.5%
25-34 hours	8	30%
35-44 hours	8	30%
45-54 hours	0	0
55+ hours	0	0
Other	0	0
Do not wish to answer	0	0

<b>How many osteopathic patients do you see per week on average?</b>	<b>Total</b>	<b>Percentage</b>
1-10 patients	6	22%
11-20 patients	8	30%
21-30 patients	5	18.5%
31-40 patients	5	18.5%
41+ patients	2	7%
Other	1	4%
Do not wish to answer	0	0

<b>Which of the following approaches do you use most often?</b>	<b>Total</b>	<b>Percentage</b>
Articulation	23	85%
Soft tissue	24	89%
Exercise	26	96%
Muscle energy techniques	23	85%
Functional/fascial release	12	44%
Thrusting (HVT, HVLAT)	16	59%
General public health advice and education	13	48%
Balanced ligamentous tension	4	15%
Craniosacral approach	5	18.5%
Strain/counter strain	5	18.5%
Nutrition	3	11%
Visceral techniques	6	22%
Mindfulness	6	22%
Telehealth services	0	0
Other	3	11%
Do not wish to answer	0	0

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<b>Which of the following therapies to use most often?</b>	<b>Total</b>	<b>Percentage</b>
Massage	21	78%
Western acupuncture/dry needling	5	18.5%
Pilates	4	15%
Electrotherapies	2	7%
Naturopathy	1	4%
Classical acupuncture	0	0
Applied Kinesiology	4	15%
Reflexology	0	0
Other	3	11%
Do not wish to answer	0	0

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### EDI Monitoring Information

EDI Information	Total	Percentage
<b>Gender identity</b>		
Female	17	63%
Male	10	37%
Non-binary	0	0
Prefer to self- describe	0	0
Prefer not to say	0	0
Is your gender identity the same as the sex you were assigned at birth		
Yes	26	96%
No	0	0
Prefer not to say	1	4%
<b>Age</b>		
20-24	2	7%
25-29	4	15%
30-34	8	30%
35-39	5	18.5%
40-44	2	7%
45-49	3	11%
50-54	1	4%
55-59	1	4%
60-64	1	4%
65+	0	0
Prefer not to say	0	0
<b>Disability</b>		
Yes	1	4%
No	26	96%
Prefer not to say	0	0
I do not have a disability, long-term condition, or impairment	20	83%
Dyslexia, dyscalculia, dyspraxia	1	4%
Neurodiverse (e.g., autism, ADHD, Asperger's etc)	1	4%
Long term/chronic physical health condition	2	8%
Mobility impairment or musculoskeletal condition	0	0
Hearing impairment	0	0
Visual impairment	0	0
Speech impairment	0	0
Mental health condition	0	0
I have an impairment, health condition or learning difficulty that is not listed above (Please specify if you wish)	0	0

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<b>Ethnic Origin<sup>1</sup></b>		
Asian and Asian British	2	7%
Black and Black British	0	0
Mixed Ethnic Background	2	7%
White or White British	22	81%
Other Ethnic Background	0	0
Prefer not to say	0	0
Did not answer	1	4%
<b>Religion</b>		
Atheist	5	18.5%
Buddhist	0	0
Christian	11	41%
Hindu	0	0
Humanism/Humanist	0	0
Jewish	0	0
Muslim	0	0
No religion or belief	1	4%
Pagan	1	4%
Sikh	0	0
Spiritual	6	22%
Any other religion or belief	0	0
Prefer not to say	2	7%
Did not answer	1	4%
<b>Sexual Orientation</b>		
Asexual	0	0
Bi/Bisexual	2	7%
Gay/Lesbian	2	7%
Heterosexual/straight	23	85%
Pansexual	0	0
Queer	0	0
Prefer to self- describe	0	0
Prefer not to say	0	0
<b>Marital Status</b>		
Married	8	30%
Civil partnership	1	4%
Cohabiting	8	30%
Single	10	37%
Divorced	0	0
Widowed	0	0
Other	0	0
Prefer not to say	0	0
<b>Pregnancy and maternity</b>		

<sup>1</sup> Ethnicity and race categories did consist of sub-categories within each of the first 5 bands but have not been drilled down any greater than this, due to small numbers, so as to preserve anonymity.

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Do you consider to yourself to fall under the protected characteristic of pregnancy and maternity <sup>2</sup> ?		
Yes	0	0
No	27	100%
Prefer not to say	0	0

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<sup>2</sup> Pregnancy refers to the condition of being pregnant or expecting a baby. Maternity refers to the period of 26 weeks after birth or miscarriage.