

Kate Lockwood B. Ost. Med. DO, ND, VN - Registered Osteopath

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Kate began her working career in 1995 as a Veterinary Nurse and worked in both large and small animal practices throughout the south of England for 7 years.

She made the life changing decision to become an Osteopath after a remarkable treatment session with an Osteopath due to having been suffering with back pain for many years. "My back had been troubling me for a long time following a fall from my horse, I tried various physical therapies and eventually had Osteopathic treatment. Within 3 or 4 sessions my pain had completely gone. It was amazing waking up in the morning to the realisation that there was no pain. I couldn't believe that this could be achieved with such gentle treatment and the practitioner only using their hands."

Kate is a keen horse rider and has ridden and competed in Eventing and Dressage from a very young age. Throughout the years her horses have also experienced huge benefits from seeing an Osteopath and the combination of this and her own treatment prompted her to retain as an Osteopath. Kate also has 2 cats and a border collie cross named Alfie with whom she partakes in agility training.

Kate graduated from the British College of Osteopathic Medicine (BCOM) in London as a Bachelor in Osteopathic Medicine and with a Naturopathic Diploma.

She is in her final year of a Post Graduate Masters degree in Osteopathy with Animals. Once completed she will be only the 6th Osteopath in the country to have obtained the qualification.

The experience of having been a veterinary nurse in large and small practices has been hugely beneficial in not only the handling of a variety of animal patients but also in knowing how to effectively communicate with owners and vets. Kate works very closely with many veterinary surgeries in her area for horses and small animals.

Kate treats people in her clinic in Henley-on-Thames and animals in and around Oxfordshire and Berkshire. She regularly gives talks to riding clubs, veterinary surgeries, doctor surgeries and other clubs, businesses and organisations. She has also written articles for The Veterinary Nursing Journal and various Equine publications.

She is registered with the General Osteopathic Council (GoSC) and a member of the British Osteopathic Association (BOA).

She is a member of and Veterinary Nurse liaison for the Society of Osteopaths in Animal Practice (SOAP) and a member of The World Equestrian Back Care Association (WEBA).