

Claire Cousins BSc(Hons)Ost, PGCert in Specialist Paediatric Osteopathic Practice, IFC
Registered Osteopath

Claire qualified as an Osteopath over 25 years ago from the British School of Osteopathy (now University College of Osteopathy). She has worked in multi-disciplinary practices since then including the Maple Tree Clinic since 2010. She also works in the North Herts/Bedfordshire area.

Claire enjoys treating a wide range of ages and conditions but over the last 15 years has grown a passion and reputation for treating infants and children. To support this area of practice she has completed post graduate training in Specialist Paediatric Osteopathic Practice at the University College of Osteopathy and regularly attends CPD courses to continually enhance this knowledge.

Due to many infants presenting with feeding issues Claire trained as an Infant Feeding Coach in 2022 to fully support parents through this part of their parenting journey and to ensure that the most appropriate treatment and advice is provided.

“As a result of having two unsettled babies I fully understand the mental strain this puts on parents. I feel privileged to have a small role in helping to support parents through those first few challenging months.” Claire uses gentle osteopathic techniques which includes massage, cranio-sacral techniques, and gentle articulation/movement to balance any musculoskeletal strains that have developed because of pregnancy or birth.