

Meet your Council Member:

Fabio Basile

Elected to Council last year, Fabio speaks to us about his passion for sport and wellness and the challenges and highlights encountered in the profession. He also gives us valuable insights into his motivation, the future of osteopathy, and his role as an iO Council Member.

Fabio's journey began with a profound fascination for sport and wellness. He recognised the power they held over people's mental and physical health. Armed with a degree in Sport Sciences and an MSc in Preventive and Adapted Physical Activity, Fabio worked in various wellness centres as an instructor and personal trainer, concentrating on conditioning, posture, scoliosis correction, and ergonomics.

'It was during my MSc that the turning point in my career occurred,' Fabio explained. 'The University of Rome awarded me a grant from the EU's 'Leonardo da Vinci' European programme, which allowed me to work in a Physiotherapy Department in Ireland.' During this experience, Fabio stumbled upon osteopathy and immediately recognised its potential as a fantastic path for his future. Fuelled by passion and determination, Fabio made the life-changing decision to become an osteopath. Surprisingly, he started working in this new field even before completing his studies.

'During my final year at the School of Osteopathy in Italy, I was selected to be part of the medical team for the 'Federazione Italiana Canottaggio' Fabio recounted. This experience marked the beginning of his journey in elite sports, an arena that would bring him both challenges and highlights.

Treating elite sports people

Reflecting on the challenges he faced in his career, Fabio likens his experiences to being both David and Goliath. 'As an osteopath, there were times I felt like an underdog, facing a lack of recognition and competition while establishing my first practice,' he revealed. He explained that 'overcoming people's beliefs and the struggle to gain recognition was a hurdle for me, as it is with many other osteopaths'.

Yet, on the other hand, Fabio experienced moments of invincibility. 'Treating Olympians in the rowing team was like feeling I could conquer the world,' he recalls. The opportunity to work with elite athletes and be part of a multidisciplinary medical team provided him with invaluable experiences and insights. And challenges, as he rightly points out, often bring opportunities. Working in a challenging environment encouraged him to learn about marketing and how it can boost traditional word-of-mouth. This new found knowledge helped him reach and treat local professional teams and athletes.



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One of the notable highlights of Fabio's career was treating Monica Priore, a type-1 diabetic swimmer, on behalf of the Italian Register of Osteopaths. 'Her successful awareness campaign led to articles in magazines and websites about my contribution,' he says.

His experiences with Olympic rowing showcased the role of osteopathy at conferences and opened doors to boost his marketing campaigns. He highlighted the significance of being part of a multidisciplinary medical team, working constructively with doctors and other practitioners to deliver the best results for elite athletes. Fabio's travels with the Olympic, Senior, U23, and Junior squads added a layer of adventure to his career, witnessing their triumphs at European and World competitions.

Scientific research and advice for novices

His passion for scientific research is evident as he speaks about his first publication, a systematic review, in the International Journal of Osteopathic Medicine (IJOM). 'Meeting renowned osteopaths from around the world and contributing to research broadened my horizons,' he said.

'Treating people, not just diseases, has been the most inspirational aspect for me,' he states. His exercise sciences and wellness background naturally aligned with osteopathy's patient-centred philosophy. Fabio is enthused about the endless possibilities in osteopathy, allowing practitioners to shape their career paths and specialise in different fields.

When asked about advice for young people considering becoming osteopaths, Fabio urges them to explore the



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fascinating world of osteopathy. 'Osteopathy offers a unique set of skills that contribute to patient healthcare in a profound way,' he advised. Being able to use a sensory vocabulary, especially palpation, sets osteopaths apart, allowing them to assess and treat patients effectively.'

Shaping the profession

Reflecting on his first six months in his role as Council Member he speaks of the remarkable opportunity to work with key stakeholders in regulating and recognising osteopathy in the UK. The Council's work behind the scenes and overseeing crucial steps, including the 2023-28 strategy plan, has been an eye-opening experience for him.

'I believe every osteopath has a vital role in shaping the future of our profession,' he states when discussing his motivation for taking on the additional responsibility of serving on the Council. He highlights the importance of unity, loyalty, and proactive engagement to promote osteopathy's growth and impact on healthcare.

Discussing key issues facing osteopathy, Fabio says that there is a great need to attract more students and improve retention. Promoting the profession and expanding education across the UK can help achieve this. 'The nationwide distribution of courses and osteopaths will allow more people to study and access osteopathy,' he explains. 'Moreover, I strongly believe we already have incredible role models and

great examples of successful careers. Thus, we have these and other strengths to support and boost our mission.'

He also states that collaboration among osteopaths is essential to avoid isolation, improve retention, and amplify the profession's voice. Fabio also stresses the importance of strengthening the identity and independent practice model to widen opportunities and protect osteopathy's future.



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Educating the public and future goals

Fabio's dedication to raising awareness of osteopathic treatments is evident as he speaks about his daily interactions with patients and the local community. Utilising marketing and online platforms, he aims to educate the public about the benefits and effectiveness of osteopathy while ensuring the content aligns with the profession's mission. 'Every osteopath, every day, has a key role, which is simply practising and promoting the profession,' he reiterates.

Looking ahead, Fabio envisions a thriving future for osteopathy. He hopes to see more osteopaths actively shaping the profession's growth and development, fostering a united community. The iO, with its campaigns and initiatives, will continue to play a crucial role in promoting osteopathy to the public and the medical community alike, securing a healthier future for all.

