

Medical Disclaimer

OsteoFit.uk

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The information, exercise programmes, videos, and other content provided by OsteoFit are intended for educational and general wellbeing purposes only.

OsteoFit does not provide medical advice, diagnosis, or treatment, and the content is not a substitute for professional medical advice, diagnosis, or care.

Although all programmes are written by qualified osteopaths, OsteoFit operates solely as an online exercise and educational platform and does not establish a practitioner–patient relationship.

Consult a Healthcare Professional

Before starting any exercise programme provided by OsteoFit, you should consult your GP, osteopath, physiotherapist, or other suitably qualified healthcare professional, particularly if you:

- Have arthritis, osteoporosis, or another musculoskeletal condition
- Have a chronic illness or neurological condition
- Are recovering from surgery or injury
- Experience pain, dizziness, numbness, or reduced mobility
- Are pregnant or have recently given birth

Participation at Your Own Risk

By accessing or using OsteoFit, you acknowledge and agree that:

- Participation in all exercises is entirely at your own risk
- You are responsible for exercising within your own physical limits
- You will stop immediately if you experience pain, discomfort, dizziness, or worsening symptoms

OsteoFit cannot monitor your movements, posture, environment, or health status and therefore cannot guarantee that exercises are performed safely or correctly.

No Guarantees

Individual results vary. OsteoFit makes no guarantees or representations regarding improvements in pain, mobility, strength, or overall health.

Limitation of Liability

To the fullest extent permitted by law, OsteoFit accepts no responsibility or liability for any injury, loss, or damage arising from the use or misuse of the content provided.

Nothing in this disclaimer limits or excludes liability for death or personal injury caused by negligence, fraud, or any other liability that cannot be excluded under UK law.

Acceptance

By accessing or using the OsteoFit website, subscription service, video library, or exercise programmes, you confirm that you have read, understood, and agree to this Medical Disclaimer, in conjunction with the Subscription Terms & Conditions.