

## PRE-TREATMENT INFORMATION

- Your initial appointment will last 45 minutes to an hour. Subsequent appointments are usually 30 minutes long.
- Your initial appointment will include a detailed case history where we will ask you questions about your symptoms, general health and lifestyle. It is useful to have a list of your medications to hand as well as any notable aspects of your previous health history such as operations and investigations.
- If we establish during the appointment that osteopathy is not suitable, we can refer you to your GP or request private imaging (such as X-ray, MRIs, etc) as needed. We always require your signed consent to release your medical information.
- It is best to wear something that you are flexible and comfortable in. It is ideal if we can see the area affected, but if you are not comfortable with this, it is not necessary.
- You are welcome to bring a friend/relative with you to the appointment should you wish.
- You can refuse treatment or part of treatment at any time.
- Payment is taken by cash or card at the end of each appointment.
- 24 hours notice is needed to cancel an appointment. If this is not provided or the patient fails to turn up to a scheduled appointment, the full treatment fee will be charged

## BENEFITS AND SIDE EFFECTS OF TREATMENT

The benefits of osteopathy include reduction in pain, increased joint mobility, reduced inflammation, increased blood supply and relief from muscle tension. Your osteopath identifies and treats imbalances and restrictions in the body which helps the body to heal and return to optimal function.

The National Centre of Osteopathic research found that 93% of patients report an improvement in their symptoms.

Osteopathy is generally considered a safe form of treatment for patients of all ages. Our detailed case history of your health helps minimise the possibility treatment reactions but as with any healthcare intervention there are possible side effects to treatment, The National Centre of Osteopathic research suggests that:

- Mild, short-lived, transient reactions (aching, dizziness, fatigue) can occur in up to 50% of patients. Most muscle soreness, aching and headaches post treatment resolved within 24 hours.
- Moderate reactions (pins and needles & temporary increase in pain) can occur in 1% of patients.
- Severe reactions requiring medical attention are very rare and can occur in 0.003% of patients.

If you have any concerns before or after your appointment, please do not hesitate to contact us and one of our highly qualified professionals will be more than happy to talk to you.