

## Patient Information

### Treatment

When you arrive for your first visit a case history will be taken, covering your past and present medical history, and discussing anything that may be relevant. Please bring along any scan results, blood tests, etc. to assist with this procedure.

A physical examination will then take place; this may involve undressing to your underwear. To make you feel comfortable you can wear shorts or a swimsuit. You are welcome to bring a friend or relative with you into the treatment room if it makes you more comfortable. (Please avoid this if at all possible during the Covid-19 epidemic; if necessary please discuss with your osteopath beforehand.) The osteopath will place their hands on you to assess the state of the tissues. This may be in an area affected, or elsewhere, as osteopathy gives a global assessment. You may be asked to perform some movements such as bending forwards for example.

Osteopaths use a variety of techniques to treat people. In this practice they tend to be very gentle (called cranial techniques) but can also be soft tissue massage techniques all the way to joint manipulations (clicks) that help restore joint function.

The first visit will involve a comprehensive assessment, and hopefully a first treatment. Please do not hesitate to ask questions or tell the osteopath to stop treatment if you feel you need to for any reason.

Exercises and other life-style advice will often be given to you in order to speed up the recovery and well-being.

Very rarely we have to use spinal manipulations (clicks) at the practice but occasionally they are the most appropriate technique to restore function. They do carry a small degree of risk, which your osteopath will explain to you at the time. The osteopath will never perform a "clicking" type technique without warning you.

Osteopaths are trained to look for the signs and symptoms which might give an indication against the advisability of any technique which we might use.

You have the right to refuse any technique at any time.

It may take several sessions to help with your condition; every case is individual, so although your osteopath will try and give you an indication of how many sessions you may need, it is often difficult to be accurate at the initial consultation.

Your osteopath aims to achieve the maximum benefit for your condition during each treatment session. Please note that the appointment lengths may vary as some conditions need extra time and some require less.

## **After your Treatment**

### **Walk**

After each treatment it is a good idea to walk for 5-10 minutes before getting into the car. Walking will help your body settle into it's new balance. Traffic can be stressful, and depending on your particular situation, may cause your tissues to tighten.

### **Rest**

Although you may feel great (perhaps better than you have felt for years), your body remains in a vulnerable state for several hours. You may feel you can do anything. DO NOT. Let your body rest and heal. Though your body has been restored to a more normal state of functioning, it has not yet healed. Healing takes time. Treat your body with respect. Avoid any strenuous activity, especially sudden jolting movements, for one or two days after each treatment.

### **Drink Water**

Drink plenty for one or two days following your treatment. Some patients report feeling severely fatigued. As your tissues free up, previously trapped metabolites may be released into your bloodstream. It is a good idea to flush them out.

### **Soreness**

Depending upon your particular problems, you may feel sore, maybe unsettled or emotional initially. This is a typical response and means your body is adjusting. If it lasts for more than a few days, please call us on 01494 883970.

### **Avoid Overtreatment**

Too much treatment in too short an interval can be over-stimulating. Avoid physical therapy, acupuncture, or other types of physical treatment for a day or so after each treatment.

## **Infant Care after Treatment**

If possible encourage your child/baby to rest after treatment.

Encourage your child to drink plenty of water.

Please note any change in behaviour or symptom pattern and inform your osteopath at subsequent treatments.

Your child may be unsettled or emotional initially. This is a typical response and means their body is adjusting. If it lasts for more than a few days, please call us on 01494 883970.