

## OSTEOPATHY CONSULTATION INFORMATION

### YOUR FIRST APPOINTMENT

Your appointment will last approximately 1 hour.

If you would like to see an osteopath of the same gender please request this before your appointment. We do not offer a chaperone

service. You are very welcome to bring a chaperone of your own. The chaperone can be anyone you wish providing they are at least 18 years of age.

*If you miss an appointment without giving notice you may be charged a £25 cancellation fee.*

Date: .....

Time: .....

### WHAT TO EXPECT AT YOUR OSTEOPATHIC APPOINTMENT

Your osteopath will ask you questions about your medical history. Let your osteopath know if you do not wish to be asked about any particular health issues. If you are taking any medication or drugs it is helpful to bring a list with you to your initial consultation. Bring reading glasses if you wear them as you will be asked to fill out a Patient Information & Consent form.

It is more likely than not that for the purpose of examination and/or treatment **you will be asked to undress to your underwear**. This allows the osteopath to visually and physically examine your posture and consider the relevance of different parts of the body to your current problem. We do supply gowns; however, gowns can defeat the object of the assessment, therefore if you are uncomfortable standing in your underwear please bring suitable light clothing such as shorts and a light t-shirt to change into before the examinations begin.

Whilst the treatment is taking place, the osteopath will offer a towel to cover any areas of your body that are not being treated.

As part of the examination, you may be asked to perform some movements and the osteopath may then move different areas of your body to see how they are functioning. Additional tests may be performed, such as taking your blood pressure or testing your reflexes.

Once your osteopath has completed the examination, they will let you know what they think is causing your problem and discuss possible treatment options with you (including the risks and benefits of treatment). This is called a working diagnosis. With your consent, treatment is usually performed during the initial session. If no treatment is provided you will be charged for the consultation only.

You may be given exercise, diet or postural advice. If at any stage of your consultation or treatment you have any concerns or questions, please discuss them with your osteopath, who will be happy to provide further information.

If you have any concerns after your treatment please raise them at your next appointment or contact the clinic for further advice.

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