

## Information for Patients

Please take a seat and wait for your osteopath. If you need to use the bathroom you will find it opposite the front door. Due to treatment requirements your osteopath may be running ~ 10 minutes late. If this is a problem please ring the bell. Your first consultation with the osteopath may take up to  $\frac{3}{4}$  of an hour. Follow-up appointments may take up to  $\frac{1}{2}$  an hour.

Please note that during your first consultation, your osteopath will ask for the following details :-

- The name of your GP and the surgery from which they practice.
- Your medical history; any traumas, diseases, impairments, etc.
- Any medications you are taking or have taken in the past for long periods of time.

In order that your osteopath can examine you properly, you may be required to undress. You should keep your underwear on. Alternatively you could wear loose fitting elastic trousers (jogging bottoms or loose shorts etc. Tight fitting jeans can make examination of spinal, pelvis and hip problems difficult. If you have any special clothing requirements please discuss this with the osteopath at the beginning of the consultation. If you require a gown to wear for your modesty whilst having your consultation please let the osteopath who is treating you know.

This clinic undergoes regular standard checks in order to promote high standards of osteopathic care across the profession. You may be asked to fill out a questionnaire about your views on osteopathy. Alternatively, your osteopath may have another member of a medical profession (Osteopath, G.P., Consultant, etc.,) monitoring their conduct in clinic. The osteopath will explain this to you and give you a choice of whether you would like to get involved.

Osteopathic treatment can be gentle, but sometimes it may involve some deeper and stronger work in order to make you better. Your osteopath will explain these techniques to you before commencing treatment. The osteopath will explain any risk to you with any of the treatment modalities. (Please read the list of risks associated with treatment which is in the reception. Alternatively, ask your osteopath for this list).

If you have any concerns regarding treatment or have had an adverse reaction to treatment in the past, please mention this to your osteopath before treatment commences.

It is necessary for you to have consent to your examination or osteopathic treatment. The osteopath will understand if you are unsure about any part of this process, so please feel happy to discuss your concerns with the osteopath.

If osteopathic treatment is appropriate it will commence after the osteopath has discussed these issues with you. If the osteopath feels it is inappropriate to treat you, they will advise you of the best course of action.

If you are given advice or exercises by your osteopath but experience difficulty doing them (you may have forgotten them or are experiencing pain or discomfort) please consult with your osteopath as soon as possible.

Please be considerate when making future appointments. If you miss an appointment you may be asked to pay the full fee. Please provide 48 hours notice if you would like to cancel or rearrange an appointment. As you can imagine other patients may be waiting for an appointment and if you fail to turn up for your appointment this prevents other patients from obtaining treatment when they need it.