



Patient Information Sheet

What is osteopathy?

Osteopathy is an established system of detecting and treating parts of the body under strain and causing pain, primarily concerning the neuro-musculoskeletal systems, which affects the relationship between the structures of the body and the way in which the body functions.

What should I expect to happen at my first visit to an osteopath?

A caring approach and attention to individual needs are of primary importance. Your osteopath should make you feel at ease during your consultation(s) and tell you what is happening throughout.

**You should feel free to ask questions at any point during the consultation.*

On your first visit, the osteopath will discuss and record your current and past medical history. It is essential that you inform your osteopath about any health condition or medication you are taking or if you are receiving treatment for any health condition elsewhere. As the consultation progresses, you will then normally be asked to remove some of your clothing so that the osteopath can examine your spine or the area where you're feeling pain to attempt to identify points of weakness or excessive strain.

**Please bring some loose clothing you can change into if you prefer. It is quite acceptable to bring a friend or relative along to the consultation if you prefer to do so.*

**An adult or appointed representative should be present with a patient who is 16 years or younger.*

The osteopath will come to a decision of the most likely cause for your symptoms based on their findings and treat appropriately. Please feel free ask questions if you have any concerns or discomfort during treatment, and also tell the osteopath if you are not comfortable with certain forms of osteopathic treatment.

What responses can I expect to osteopathic treatment?

Many patients consult osteopaths looking for relief from painful symptoms; some patients experience some initial aching for 24 to 48 hours after treatment but then start to gain relief from their symptoms. After your treatment advice may be given to you to support the treatment. Research has shown that the most common reactions to manual therapy treatment are local discomfort, tiredness, headache or stiffness, which can occur after treatment in approximately 10-20% patients.

**Please be aware that it may take several sessions before your condition is relieved*

Osteopaths undergo a long period of training, which prepares osteopaths to examine and screen for potential conditions that indicate where certain techniques should not be used. Serious side effects are rare and osteopaths do their utmost not to expose patients to unnecessary risk. The two most serious risks are:

- 1 - Stroke or artery damage caused to the arteries in the neck.
- 2 - Collapse of a spinal disc causing Cauda Equina Syndrome (damage to the bundle of nerves below the end of the spinal cord that can result in loss of bladder or bowel control).

**Please feel free to discuss any concerns with your osteopath*