

Patient information leaflet

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As an osteopath I wish to make decisions about your care and treatment with you. This means that I will continually keep you informed of the care/treatment I propose, the benefits of that care/treatment, any risks that may be associated with it and any alternatives to you having osteopathic treatment. This will help you make informed decisions about your care/treatment. The information I give will be **specific to you**, your age, current health and presenting symptoms.

Please tell me if the information I give is unclear or you do not understand what I have explained.

It is also important that you keep me informed of any changes to your state of health or changes to any medications you are taking.

Millions of people benefit successfully from osteopathic care each year

- You have been seen by Carolyn McGregor BSc (Ost.), BA Div (Hons), RSHom., a qualified Osteopath/Homoeopath and I have explained my proposed plan of treatment for you at your first appointment. If you have been asked to return for a follow up appointment I will have explained why.
- Patients are allotted approximately 90-120 minutes for their first appointment and approximately 60 minutes for any follow up appointments. Allotted times are not fixed and your osteopath may spend more or less time during your appointment. Time spent on treatment is dependent on the complexity of the problem or how much can be realistically be achieved on each visit. Time is also required for patient clinical notes, providing exercises if appropriate and advice.
- If you have been asked to go through some exercises please try to do these regularly and follow the plan set by your osteopath. If your

osteopath suggested withholding from exercise, there will be a reason for this and you should wait until advised otherwise. Keeping generally active is better than resting.

- If you have been referred for a scan or further investigation please keep in touch so we know what is happening.

Having any physical therapy treatment whether for preventative care, rehabilitation, or managing a recent acute condition, usually involves some hands on treatment; this often leads to temporary side effects. It's common to feel a little stiff or sore the next day following the initial treatment; this usually, lasts around 24-48 hours. Most people describe this as similar to 'post exercise soreness'. It's also common to feel tired or have a temporary headache after treatment.

**Much less common effects are more severe and last longer than a few days. Symptoms may include one or more of the following: more severe pain, rib fracture in patients with osteoporosis, bothersome numbness and tingling. Should you have any concerns about symptoms or treatment you receive please contact your Osteopath immediately.*

Make sure you contact your osteopath if you are concerned about any problems you are having.

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