

Movement is Life Osteopathy

What to expect from your osteopath

All Osteopaths must be registered with the General Osteopathic Council to practice as an osteopath. This ensures a high standard of quality and regulation in the profession.

- Your first session will last for about 30-45 minutes.
- Your osteopath needs to know about your health, past and present and you will be asked detailed questions about your complaint, medical history, general health and any medication you may be taking.
- The osteopath will carry out a careful physical examination sometimes incorporating medical equipment to help with the diagnosis.
- Our osteopath will normally ask you to remove some of your clothing and perform a simple series of movements.
- If you choose, you may have a friend or relative present during the appointment.
- The osteopath will use touch to identify points of weakness or excessive strain in your body. You will usually be treated lying on a treatment couch.
- Osteopaths usually start any treatment by releasing and relaxing muscles and stretching stiff joints, using gentle massage techniques, rhythmic joint movements and muscle release techniques. They may also carry out spinal manipulations. These are short, quick movements to joints in order to help restore normal joint function and mobility.
- Your osteopath may show you exercises to do at home and suggest ways you can improve your posture to help restore your body's function and ability to cope with your requirements.
- The number of treatments needed depends on your condition. If you have chronic low back pain for example, you may need several treatments. For acute pain, one or two treatments may be enough.

Possible Side Effects of treatment

As with any intervention there are potential side effects from any treatment regime. In the vast majority of cases this is confined to being a bit sore for maybe a day or two after treatment, or feeling a bit tired. If you are at all concerned with any post treatment symptoms please call your osteopath as soon as possible.

Manipulations - this type of treatment can be very effective in dealing with certain conditions, but it is not appropriate for particular patients when considering elements of medical history, age, medical conditions etc. This is one of the reasons it is very important to have a full case history in the initial consultation with the osteopath. At the most extreme, the side effects of manipulation include the possibility of inducing fractures or nerve damage with patients in the high risk category, because of this it would be unusual to have this treatment offered in these situations.

There are always alternative treatment methods, so if you are unhappy with the idea of any of the offered treatments please raise your concerns with the osteopath and different solutions can be investigated.

If you have ANY concerns at ANY time please talk to the osteopath as soon as possible. You may ask for treatment to be stopped at ANY point. PLEASE ask questions to clarify any concerns you might have.