

Osteopathy - Your First Visit

Case History

Please print and complete the attached **Confidential Medical Record Questionnaire pdf**. This should be completed as far as possible before coming to see me for your first visit. This will help me to accurately assess your state of health and whether or not osteopathy is an appropriate form of treatment for you.

An Osteopathic consultation begins with this detailed case history not only of your presenting symptoms or injuries but also a thorough medical and health history.

Osteopathy

Physical Examination

Once a thorough case history has been completed, a thorough physical examination will be necessary, which will include an orthopaedic and neurological examination and may also include further tests such as measurement of blood pressure or listening to your chest. Osteopaths use palpation or touch to help form a clinical diagnosis of your condition. This will require you to remove some clothing usually down to underwear so that I may examine your posture and movements accurately. Therefore please wear suitable underwear and loose clothing if you are finding dressing and undressing difficult. It is not usually necessary to undress for examination of peripheral joints unless the pain is referred from elsewhere.

Diagnosis

Upon completion of the case history and examination I will then discuss my findings and make a provisional diagnosis of your condition. Occasionally it may be necessary to refer you to your General Practitioner for further tests such as x-rays, scans or blood tests or refer you to another practitioner if your condition may be better treated by another therapy.

Consent to Treatment

Once the diagnosis has been made and fully discussed with you, I will discuss treatment options with you and seek your consent to these procedures. Please do discuss any concerns that you may have regarding your condition with me both before and during treatment and I will do my utmost to address your concerns.

Treatment

Treatment usually consists of manipulation of the soft tissues and joints of the affected area but may also involve treatment to other parts of the body which may be causing referred pain or influencing your underlying condition e.g. it may be that you are presenting with knee pain but that this is being affected by a problem elsewhere for example in your lower back or hip. Initially treatment may be unfamiliar to you and it is quite natural to feel apprehensive; please feel free to discuss this with me at anytime.

After Treatment

After treatment you may feel a little uncomfortable for 24–48 hrs but this usually wears off quite quickly. I may also advise you to use ice packs or hot compresses on the affected area and to continue taking your usual pain relief; occasionally I may suggest contacting your GP for further advice or medication.

On very rare occasions even osteopathic treatment can aggravate symptoms or worsen conditions, but this is very rare in my experience.

Please contact me by telephone or email if you are worried or concerned about your symptoms between appointments; it may be necessary to bring your appointment forward in these circumstances.

Lifestyle Changes

I will often advise changes in working habits such as posture at your desk or whilst driving and prescribe certain exercises to help in the healing and maintenance of your condition. Exercise and dietary advice may also be given. I regularly recommend patients to continue exercising once they are recovered and may suggest specific exercises or classes such as Pilates, Yoga, Tai Chi, or swimming.

The Number of Treatments Required

The number of treatments required for each individual does vary depending on the severity of the problem, your age, overall health and how long you have been having problems. Certain conditions will require an ongoing maintenance treatment program which I will discuss with you if necessary. Other conditions may not respond to treatment in which case I may refer you to your G.P. or another practitioner. I shall always endeavour to treat you promptly and effectively.

Chaperones

Certain procedures that form part of the practise of osteopathy and acupuncture may be invasive in nature or involve intimate areas of the body.

It is standard practise in these circumstances to obtain your written consent to such procedures, having discussed the treatment fully with you beforehand; I am then able to anticipate the need for chaperone cover.

I am also happy to provide chaperone cover at other times if requested. However it may not always be possible to provide such cover at short notice and I therefore suggest that you bring a family member or friend to accompany you during treatment if so required.

Children

It is generally more beneficial to you not to bring young children with you during your own treatment unless this is unavoidable, so that you are able to relax.

Osteopathic treatment can be very beneficial to younger patients as well as adults although I usually refer children under the age of 12 to my local colleague Karen Carroll who specialises in Paediatric Osteopathy.

Her contact details are as follows:

Karen Carroll DO, ND, Dip Paed Ost, mSCC
Amersham Osteopathic Clinic
Caer Sidhe
Chiltern Road
Amersham
Buckinghamshire
HP6 5PH

01494 434651

<http://www.amershamclinic.com>

Children above twelve years of age can find osteopathic treatment very beneficial for sports injuries, postural issues etc.

Complaints Procedure

In the event that your are unhappy about any aspect of your treatment or aftercare please bring this to my attention as soon as possible so that I may address your concerns promptly, effectively and in total confidence.

If you are not happy to discuss matters directly with me I have a reciprocal arrangement with a former colleague and local practitioner who will listen to your concerns and advise you accordingly again in total confidence.

Karen Carroll Osteopath and Naturopath, may be contacted at <http://www.amershamclinic.com> or by telephone on 01494 434 651

Alternatively you may contact the Statutory Regulator of the osteopathic profession **The General Osteopathic Council** directly at <http://www.osteopathy.org.uk> or by telephone on 020 7357 6655