



**Deirdre Stubbs BSc, Sally Devereux & Associates  
Registered Osteopaths**

## **OSTEOPATHIC HEALTH CENTRE PATIENT INFORMATION**

**Please read the following which provides essential information regarding your osteopathic consultation**

- All the osteopaths at this practice are registered with the General Osteopathic Council.
- On your first visit a detailed case history including a full medical history will be taken.
- Please can you make a list of any medication which you are taking, either prescribed or over the counter including homeopathic or herbal remedies. This will help in assessing your condition and in reaching a correct diagnosis. X-ray results, medical reports or results of tests are also useful.
- The Osteopath will usually want to make a full examination of the spine and will need to see and touch the area that is causing problems and any other area which may be related to your condition. It is normal practice to ask you to undress down to your underwear. Shorts can be provided on request.
- You are welcome to bring a friend or relative with you into the treatment room if it makes you feel more comfortable. Under 16s or adults who are not able to make their own decisions must be accompanied by a parent or guardian.
- Please note that the case history taking and examination will take up most of the time on the first visit.
- The Osteopath will ask you to perform simple movements both standing and whilst lying on the treatment table. Joint mobility, muscle tone and posture may be examined along with other tests such as blood pressure and reflexes.
- During the first consultation/examination a detailed explanation of the diagnosis and proposed treatment will be discussed with you. Please do not hesitate to ask any questions about anything that you do not understand or to ask the osteopath to stop the treatment and explain anything he/she says or does during your treatment.
- If osteopathy is not a suitable method of treating your condition the Osteopath may suggest that you contact your G.P. or another health professional.

- Advice will be given to support your treatment. For the first 24 hours or so after treatment you may feel uncomfortable. Please feel free to ring and talk to the Osteopath if you need to.
- It may take several sessions to help your condition. Every case is individual so although your osteopath will try to give an indication of how many sessions you may need it is often difficult to be accurate at the initial consultation.
- If your Osteopath becomes unavailable at short notice due to sickness or an unforeseeable reason we will try to contact you prior to your appointment with a view to rebooking you at the earliest possible time. If you need treating urgently it may be possible for you to see another Osteopath at The Osteopathic Health Centre.
- All information you give to The Osteopathic Health Centre is held subject to the requirements of the Data Protection Act 1998.

**Please complete the following.**

**In the case of a child please give their details and sign on their behalf.**

***(PLEASE PRINT CLEARLY)***

Title \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Please give as many telephone numbers as possible where you are happy for a message to be left.

Home \_\_\_\_\_ Work \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

I confirm that I have read and understand the Patient Information document and consent to being treated in the manner described.

I confirm that I am responsible for the payment of fees (including fees incurred due to missed appointments or late cancellations.)

Signed \_\_\_\_\_ Date \_\_\_\_\_