

OSTEOPATHY

Treatment after care



0208 752 0569

Thank you for choosing osteopathy

At this point in your care, you would have received an explanation (diagnosis) for your pain, and one or two simple exercises to be carried out on a daily bases.

We look forward to seeing you on your next appointment. Thank you.

The aim of this leaflet

The leaflet is to help you understand and care for any treatment reaction you may experience if any.

What is a treatment reaction

Hands on therapy naturally places stress on different areas of the body the joints or muscles. This stress can result in local soft tissue congestion due to swelling causing pain. Although many of the hands on treatment approaches used by Osteopaths can help to aid the body's natural healing process. However, all forms of treatment carries some risks of a treatment reaction.

If your pain increase after treatment

After treatment, if you do experience local tenderness, pain or even worsening of your symptoms, use cold therapy. This should relieve the soft tissue congestion, reduce some of the pain and aid in the healing process.

How it is done

1. Depending on how large the area is, use a face cloth or a small towel.
2. Use water straight from the cold tap.
3. Soak the cloth or towel in the cold water, wring it out and apply it to the area for five minutes.
4. Remove the cloth completely for ten minutes.
5. Repeat the cold application three more times with the ten-minute interval between each five-minute application.

You can also use a cold pack. Use the same approach for heat therapy. If you decide to take pain medication, always follow the instructions on the packet carefully.

If the treatment reaction does not decreased within two or three days contact your Osteopath who will advise you on what to do next.

How many treatments will you need

Your Osteopath should have given you some indication of expected recovery time. If you do not feel an improvement after 4 6 sessions, your Osteopath will discuss other treatment plans or a referral for further investigations. It is important to note that some conditions take longer to resolve. This may be the case if you have had your problem for a long time. One example is frozen shoulder, which can take up to two years to resolve.

Communicating with your doctor

The Osteopath may have asked for your permission to send your GP a letter informing the practice that you are receiving osteopathic care. Also at the end of your care, the Osteopath may inform your GP of your progress.

Confidentiality policy

The information that you supply to any of the practitioners working at the clinic will be treated with the strictest of confidentiality be that paper or electronic notes.

All documents are kept in accordance with the data protection act and therefore, will not be supplied to any other person or organisation without your written consent.

If it is necessary to liaise with other medical persons, you will be required to give your written consent before any information is shared with other practitioners.

Your Osteopathic notes

You can request a copy of your records at any time by writing and requesting for a copy. Your Osteopath will be able to explain the procedure to you.

Booking & cost

- £60.00 first consultation
- £50.00 follow up appointments
- Registered with the following health care providers: BUPA, AXAPPP and others

Contact us at

Shades Clinic
382 Uxbridge Road,
Ealing common,
London W5 3LH.

Email: info@shades-clinic.com

Web: www.shades-clinic.com/medical

Web: www.evokehealth.co.uk