

CONSENT FORM - THINGWALL OSTEOPATHY

1A Penrhyn Ave, Thingwall, Merseyside, CH61 7UP

Telephone: 0151 648 6870

Web: www.wirral-osteopaths.com

What is Osteopathy?

Osteopathy is a hands-on treatment. Osteopaths are trained to assess, diagnose and treat musculoskeletal complaints and identify conditions needing further investigation. Patients are assessed from a mechanical, functional and postural standpoint. Manual methods of treatment are applied to suit the needs of the individual patient. Lifestyle advice and or exercises are given to reduce recurrence.

The First Appointment

You will be seen by a fully qualified Osteopath, **registered** with the General Osteopathic Council (**GOsC**). The 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. All case history details are completely confidential and will not be released without your consent.

Examination

The examination will mainly focus on your musculoskeletal system but it may be necessary to examine your heart, lungs and abdomen. You may be asked to undress to the minimal level required for the Osteopath to undertake an effective examination and/or treatment - *if you prefer to remain clothed please tell your practitioner.*

Your Osteopath may examine your posture and mobility to determine the areas in need of treatment. You may be asked to perform simple movements to help the Osteopath understand and assess your condition and further examination will be conducted on the examination couch. The Osteopath may also take your blood pressure, test reflexes, and muscle strength.

Your Osteopath will then make a diagnosis which will be discussed with you along with the proposed treatment programme. If the Osteopath does not feel you will benefit from osteopathic treatment this will be explained and alternatives will be discussed and/or suggested.

You will be given hands-on treatment involving soft-tissue techniques, mobilisation and manipulation of the joints. Please do not hesitate to ask the Osteopath to stop the treatment and explain anything s/he says or does at any time during your appointment. It may take several sessions before your condition is relieved.

Certain procedures that form part of the practice of Osteopathy may be invasive in nature or involve intimate areas of the body. Before undertaking such procedures, the Osteopath must explain the procedure and obtain your consent.

It may be helpful during the course of your treatment for the Osteopath to either inform your GP about areas of your health and treatment or for the Osteopath to obtain

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details of your medical history. Your consent is required for this and we will ensure we inform you before doing so.

Risks of Osteopathic Treatment

As with all forms of healthcare provision, Osteopathy carries with it a certain risk, but this is much lower than many other methods for treating your problem. **Please rest assured... Osteopathy is a very safe and effective form of treatment.**

Common 'reactions' may include: increased tenderness for 24-48 hours after treatment before symptoms begin to improve. Redness or even bruising of the skin may occur if deep-tissue work has been administered. Treatment to the neck may result in a short-lived headache or light-headedness. Please feel free to ring and talk to your Osteopath if you 'don't feel right'.

Serious side effects are very uncommon. In extremely rare cases manipulation of the neck has been associated with strokes. Your Osteopath will discuss with you any risks involved prior to treatment being carried out. Do not hesitate to ask if you are in any way concerned.

Chaperone

You are entitled to be accompanied by a chaperone of your choice. If your preferred choice is not available, the appointment can be rescheduled to such a time as when the chaperone can attend.

Chaperone Not Required

(please circle as appropriate)

Chaperone Present.....

(name of chaperone)

Name of Osteopath

Name of Patient

I confirm I have read and understand this sheet.

I confirm I have read and understand the Data Protection Policy, and I explicitly consent to you creating and storing medical records concerning my treatment.

I hereby consent to treatment. (Consent may be withdrawn at any time)

Signed

Dated

The same quality of care will be provided to all patients irrespective of gender, ethnicity, disability, religion or belief, sexual orientation, transgender status, age or marital status.