

Patient Pre-Treatment Information Sheet

- You will be seen by a fully qualified Osteopath.
- Please do not hesitate to ask the Osteopath to stop the treatment and explain anything he/she says or does at any time during your appointment.
- 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.
- It is understood that the Osteopath sees the area that is causing problems, and other areas which may be related to your condition. You will be asked to undress to your underwear.
- Please remove all jewellery and valuables before your treatment. Please keep your valuable items with you in the treatment room. The Backbone clinic is not responsible for any loss or damage to jewellery or valuables.
- You may be asked to perform simple movements to help the Osteopath understand and assess your condition and further examination will be conducted while you lie on the examination couch. The Osteopath may also take your blood pressure and test reflexes, joint mobility and muscle strength.
- The Osteopath will make a diagnosis which he/she will discuss with you and in most cases some treatment will be given, but if the Osteopath does not feel you will benefit from osteopathic treatment, he/she will explain why.
- After treatment, advice will be given to support the treatment.
- You may feel uncomfortable for the first 24 hours or so after treatment. Please feel free to ring and talk to the Osteopath if you need to. Tel: 020 8886 8698. If you wish to provide feedback or are in the unusual event concerned about anything, your Osteopath or Clinic Director or Practice Manager are happy to speak to you.
- It may take several sessions before your condition is relieved.
- We request 24 hours notice (to be given by telephone) if you are unable to attend your appointment, otherwise we may have to charge a cancellation fee.
- If you have private health insurance, we request that you pay us direct and ask us for a receipt. For detailed appointment fees please visit our website or ask your practitioner.
- If you agree, a letter will be sent to your GP with an outline of your complaint, the Osteopath's diagnosis and the treatment recommended.

Your patient records are confidential within the practice and will not be shared with other parties without your prior permission.

By agreeing to this document you explicitly consent to The Backbone clinic Ltd practitioners creating and storing medical records concerning your treatment, which may include details concerning your medication, treatment and other issues affecting your health conditions, in accordance with the General Data Protection Regulation (GDPR). You understand that these records will be retained for 8 years (or until you reach 25 in the case of someone aged 16-18), when treatment is ceased in order to comply with The Institute of Osteopathy legal guidelines.

Your practitioner will present you with a form to complete.

Thank you and welcome to The Backbone Clinic Ltd!

The Backbone Team