

WHAT TO EXPECT BEFORE YOUR APPOINTMENT...

- Please make sure you have access to an inbuilt camera and sound before your appointment begins and that you have returned your consent form to us.
- Make sure you have the privacy you need as the Osteopath will go through your medical history. You are allowed a chaperone if you wish.
- Wear clothing you can move comfortably in such as gym wear.
- Your confirmation email will have a link to the video call. The Osteopath will connect with you at your appointment time.





WHAT TO EXPECT IN YOUR APPOINTMENT...

- ***We will check your identity by confirming your name, DOB and address. Please note that a video consultation has its limitations compared to a face-to-face appointment and there may be technical difficulties.***
- ***If you are happy to proceed, the Osteopath will take your history as a normal consultation.***
- ***You may be asked to remove some clothing to visually assess your area of pain.***
- ***You will be asked to do some movements to assess your level of pain.***
- ***You may be asked to press or stretch the part of your body that hurts.***
- ***Your Osteopath will be able, with your help, to diagnose what may be going on and how best to manage it.***
- ***You may be given some breathing exercises, some physical or breathing exercises depending on what the problem is. These will be emailed to you. If the problem warrants a referral to your GP this will be discussed with you.***
- ***A follow up appointment will be scheduled to check your progress and include other exercises, if needed.***

**Please know that we are here to help, so email us if needed
info@thebackbone.co.uk.**