

area needs to be examined, then please don't hesitate to ask the Osteopath to stop and explain more fully.

- You will be asked to undress down to your underwear so the Osteopath can examine the area that hurts as well as other related areas that may be involved in causing your problem, despite the fact it might not be an area that directly causes pain.
- You are welcome to bring a chaperone into the treatment room with you and shorts can be worn or provided on request.
- You may be asked to perform simple movements to help the Osteopath understand and assess your condition. You will then be asked to lie on the treatment table so the Osteopath can feel the muscles and joints. It may be necessary to take your blood pressure, test reflexes and muscle strength.
- The Osteopath will make a diagnosis and discuss it with you. They will explain the treatment plan, prognosis and number of sessions it should take to resolve your problem. You may also be given advice and exercises to support your treatment at home.
- In most cases some treatment will be given at the consultation session, however, in rare cases osteopathy may not be suitable for your complaint, and this will be explained to you with advice on how to seek more appropriate help. In some cases the problem may be complex and require more detailed examination to reach a diagnosis leaving insufficient time to provide treatment at the first session.
- You may feel uncomfortable, tired or have a headache for the first 24 hours or so after treatment. This is normal, however, if you are at all concerned please contact the clinic and ask to speak to one of our team.
- It is best to avoid exercise or physical activity following a treatment as you are more prone to injury. If you need to return to a physical job immediately after treatment please inform your Osteopath who may be able to advise how to minimise this risk.
- It may be necessary for the Osteopath to either inform your GP about areas of your health or to access elements of your medical history or test results. This requires your specific consent and will be explained to you in advance. Please note that by signing this form you are not consenting to allow us to contact your GP.

Medical Acupuncture additional information.

What is Acupuncture?

Acupuncture is a form of therapy in which fine needles are inserted into specific areas on the body to stimulate the nerves in the skin, muscle and other tissues. Acupuncture is commonly used for pain relief.

Your Osteopath may offer to use acupuncture along side or instead of manual treatment, where appropriate. Your osteopath will check with you, at every appointment, that you are still happy to proceed with treatment.

Is Acupuncture Safe?

Acupuncture is generally very safe. Serious side effects are very rare – less than 1 per 10,000 treatments.

Does Acupuncture have side effects?

You need to be aware that:

- drowsiness occurs after treatment in a small number of patients, and if affected, you are advised not to drive;**
- Minor bleeding or bruising occurs after acupuncture in about 3% of treatments;**

- Pain during treatment occurs in about 1% of treatments;
- Existing symptoms can get worse after treatment (less than 3% of patients). You should tell your acupuncturist about this, but it is usually a good sign;
- Fainting can occur in certain patients, particularly at the first treatment.

In addition, if there are particular risks that apply in your case, your practitioner will discuss these with you.

From time to time the Osteopathic Health Centre may wish to contact you via email with regard to clinic news and updates, newsletters and offers. These will be kept to a minimum. If you do not wish to be contacted in this way please tick this box.

- I confirm that I have read and understood all the above 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).
- Please initial the treatment(s) you are happy to receive and sign at the bottom

Osteopathy

Acupuncture

Signed.....**Date**...../...../.....

Director : Samantha Leopold BSc Home Ost CoBC
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