



# Seven Dials Osteopathy Clinic

## Information and Advice

Thank you for attending our clinic. This information sheet explains your appointment and provides after-treatment advice, so please ask your Osteopath if there is anything that you do not understand.

### During your Treatment

Before your appointment you will need to complete a Registration and Medical History form. Your appointment will last one hour. First we will ask some questions to help understand your problem and then perform postural and mobility assessments together with any necessary orthopaedic and neurological tests. After these assessments your condition and our approach to your treatment will be explained. Treatment should not be painful and if you have any discomfort during treatment then please tell your osteopath.

**Consent:** You have the right at any time to withdraw consent and refuse further assessment or treatment.

**Clothing protocol:** You can either change down to underwear or wear shorts and a sleeveless top. You may also remain fully clothed if you wish.

**Chaperone:** You are welcome to bring along another person to accompany you during treatment.

### After your Treatment

**How will I feel?** Responses to treatment vary between patients. Your response will mainly depend on the nature of your complaint and you may occasionally feel discomfort or stiffness for about 3 days after treatment. If you have any concerns or need advice please do not hesitate to call the clinic.

**Advice:** Maintain regular movement and avoid prolonged periods of inactivity.  
Avoid slouching on soft furniture by bolstering your low back with a cushion.  
Rest from sport until you can move freely and then return to exercise gradually.  
Do not use painkillers that mask pain during physical activities.  
Apply moderate heat or ice. Ice should be limited to 10 minutes every ½ hour.  
Comply with any exercises and stretches provided by your Osteopath.

**Comments:** If for any reason you find that the services we provide fall below your expectations, please do not hesitate to bring it to our attention. We value any comments or criticisms you might have, as it helps us to improve the services we offer to you. Please address any comments either verbally to Rick Webbe or by writing to him at Seven Dials Osteopathy Clinic, 81 Dyke Road, Brighton BN1 3JE. Our clinic has a formal Complaints Procedure that is available on request.

**Cancellations:** We require 24 hours notice of cancellation. If you miss an appointment we will contact you to find out why the appointment was missed. Emergencies sometimes happen and we would reschedule your appointment. A fee may be charged for late cancellations or missed appointments.

Again thank you for attending our clinic and we hope you have a positive experience at the Seven Dials Osteopathy Clinic.