



Stride Clinic
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Siân Steel – Osteopath

Patient Information Leaflet

Please take a moment to carefully read the following information:

- Initial Consultations will last approximately 1 hour. Follow-up appointments will last between 30-45 minutes.
- Your care history will enquire about your health, current and past medical history and include questions regarding your presenting complaint.
- Your blood pressure will be taken as a safety screen.
- Usually during your first consultation you may be required to dress down to your underwear so that your spine, whole body posture and movements of muscles and joints may be assessed. You are welcome to bring a chaperone.
- Your osteopath will use their refined sense of touch (palpation) to assess your musculoskeletal health and may perform further special testing, such as neurological examinations, should your case require it.
- The number of appointments needed varies from person to person depending on their case. Some patients may feel improvement in a few treatments. Historic or chronic conditions may require and benefit from long-term 'maintenance' based treatments,
- If at any point during treatment you experience discomfort, pain or for any reason feel uneasy with the treatment, it is your responsibility to inform your osteopath immediately, so that the techniques can be altered to a level of comfort or for the treatment to be terminated.
- Your osteopath will explain all techniques suggested to you and will only proceed with your consent.
- You may feel stiff, sore or achy for 24-48 hours post-treatment. This is not unusual and is very normal. Talk to your osteopath should you have any concerns, even after you leave the clinic, please contact your clinic with any questions.

I understand that:

- My osteopath has the right to not treat if they suspect treatment is not suitable.
- I will be forthcoming with pertinent information to my case and will keep my osteopath informed of any changes relating to my details or health.
- I have the right to refuse treatment or any techniques at any time.
- I understand that my osteopath needs to keep a record of my details, presenting condition(s) and treatment given in accordance with the Osteopathic Practice Standards set by the General Osteopathic Council (GOsC).