



## STONY STRATFORD OSTEOPATHIC PRACTICE

### **What should I expect from my first visit to an osteopath?**

Your first visit will last approximately an hour. In this time, the osteopath will take a case history which includes taking detailed medical history and important information about your lifestyle and diet.

Once the case history has been taken you will be asked, if required, to undress to your underwear (or if you prefer you can wear shorts) and asked to perform a series of simple movements to allow the osteopath to make a full diagnosis and an individual treatment plan.

Treatment is through a range of stretching, mobilising and manipulative techniques. With added exercises and health advice, osteopaths help to reduce the symptoms and improve your health and quality of life.

If additional treatments are required these usually last half an hour.

Do ask questions at anytime during your consultation if you are unsure.