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**Welcome**

Welcome to B Enhanced Osteopathy and Healthcare.

Osteopathy can enhance your health and wellbeing. Osteopathy is a form of manual medicine that promotes the healthy functioning of all systems in the body (musculoskeletal, neurological, circulatory, connective tissue and internal organ systems) by using a large range of techniques that support the body’s ability to self heal and self correct.

We have prepared this information so that you will know what to expect in an Osteopathic treatment.

Most osteopathic treatment is gentle and should not cause undue discomfort. Osteopathic treatment is not painful, and include massage, stretching, repetitive movements, mobilisation and/ or manipulation.

**At your first visit** you’ll meet with the practitioner after completing a Patient Health Questionnaire. It is comprehensive so that we have the best understanding of your body’s history and use the time we have together more productively. A detailed examination will then follow where the practitioner will determine your problem, possible reasons for it and the best treatment plan for you. Please allow 45 - 60 minutes and wear loose comfortable clothing.

**Follow-up appointments**, if needed, usually can take up to 25-40 minutes, and are made up of a tailored treatment. Depending on your situation, generally you may expect to see some changes in your symptoms after one or two visits; however, some long-term or chronic conditions may require a longer course or more frequent treatment. If you have any concerns, your osteopath will be happy to discuss these with you.

Your osteopath may decide that additional investigations such as X-rays, scans, or blood tests are required. This will enable them to make a more precise diagnosis and develop a suitable treatment plan for you.

If necessary, your osteopath may refer you on to another health professional or- with your permission- discuss your condition with your GP.

If there are any questions or concerns feel free to mention them at any time during your appointment.

Kind regards,

B Enhanced management team

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