

Barry Jacobs Osteopath
The Gingerbread House Centre for Health
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OSTEOPATHY

What to expect during your appointment

You will be seen by a fully registered osteopath.

We know that some people are nervous about visiting an osteopath. You are welcome to take a friend or relation into the treatment room if you wish

Please do not hesitate to ask the osteopath to stop the treatment and explain anything they say or do at any time during your appointment

It is important that the osteopath sees not only the area that is causing problems but other areas, which may be related to your condition. You will usually be shown to a changing cubicle, asked to undress to your underwear and given a gown to wear. The osteopath will collect you from the changing room.

Before any treatment you will be asked some questions about yourself and your doctor's name and address.

Osteopaths need to know about your health, past and present and you will be asked more detailed questions about your complaint, medical history including operations and illnesses, whether you are taking any medication and about any changes in your general health. Although some questions may seem unnecessary all this information helps the osteopath to make a diagnosis and a suitable treatment plan for you

You will be asked to remove your gown so the osteopath can examine and treat you. The osteopath may ask you to perform certain simple movements in order to understand and assess your condition

Further examination will normally be conducted while you lie on the examination couch. The osteopath will do various tests such as blood pressure, reflexes, joint mobility and muscle strength

The osteopath will make a diagnosis that will be discussed with you and in most cases some treatment will be given. If the osteopath does not think you will benefit from osteopathic treatment they will explain this to you

After treatment advice may be given to you to support the treatment and help you to be more comfortable

If you have any questions before you see the osteopath please ask the receptionist.

The Gingerbread house Dental Practice is part of
The Gingerbread House Health Group
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