

## Patient Information

Joseph Manuel Poncé is fully qualified osteopath registered with the General Osteopathic Council, and preferentially uses the cranial approach to osteopathy.

This is a very gentle form of treatment, and suitable for all ages of people, from newborns up to the elderly. It is a very safe form of treatment but there are some facts that you should be aware of:

- ◆ Osteopaths treat using their hands, and will place their hands on various parts of your body. If you feel unhappy with hand contact in any part you should tell your osteopath.
- ◆ Whilst we use our professional skill do our utmost to help you with your problems, we cannot guarantee the outcome because every patient is different.
- ◆ Please wear loose comfortable clothing for your treatment, preferably no tight jeans or leathers. On occasion it may be necessary to undress down to your underwear. Please let your osteopath know if you are not happy with this, preferably prior to your session.
- ◆ Osteopathic treatment affects the whole body, and it is not possible to treat one part in isolation without influencing and changing other parts.
- ◆ Your osteopath may spend much of the treatment in an area distant from your symptom area. This is usually because the cause of the problem lies distant to the area of symptoms.
- ◆ During treatment you may feel sensations in various parts of your body. This is usually a feeling of warmth or tingling, or a sense of deep relaxation. Occasionally some discomfort may be felt, but you should tell your osteopath immediately if you are in pain.
- ◆ It may be helpful during the course of your treatment for the osteopath to either inform your GP about areas of your health and treatment or to obtain details of your medical history, Your consent is required for this and we will ensure that we inform you before doing so.

## Treatment Response and Reactions

There is a difference between treatment response and reaction.

- ◆ A normal treatment response is for symptoms to change after a treatment, often for up to a week. Normally any new symptoms will be short lived and pass after 2 to 3 days
- ◆ It is common for old symptoms to reappear temporarily during a course of treatment
- ◆ If you are in more pain for more than 2 to 3 days after a treatment, or if you are concerned, please contact the practice for advice.
- ◆ Occasionally a new symptom area develops; this is due to the whole body responding to the treatment. A degree of light-headedness is common after treatment; this is normal and usually lasts a few hours at most. More rarely dizziness may occur after treatment, if this persists for more than 2 to 3 days you should contact your osteopath.
- ◆ It is common to feel tired after a treatment.
- ◆ Babies are usually relaxed settled and sleep well after a treatment, but occasionally they may be unsettled, sometimes severely so. This is temporary, but if it persists for more than 24 hours you should contact the practice.

Your osteopath will advise you whether he or she expects a reaction after your treatment, but please bear in mind that it can be difficult to predict accurately because every patient reacts differently.

**IF YOU ARE EXPERIENCING ANYTHING AFTER A TREATMENT THAT YOU ARE CONCERNED ABOUT. PLEASE TELEPHONE THE PRACTICE AND WE CAN ADVISE YOU.**

## How You Can Help Yourself

- ◆ After a treatment your osteopath will advise you of any particular precautions that you should take depending on what your problem is.
- ◆ In general you should avoid strenuous exercise for 2 to 3 days after a treatment
- ◆ If you feel tired, then rest.

- ♦ Where possible avoid undue stress or rushing about on the day of treatment.

## Risks of Treatment

Cranial osteopathy is a very low risk treatment because it is so gentle, but no treatment is totally risk free.

- ♦ In some cases pain may get worse before it gets better.
- ♦ If you are a migraine sufferer, in a small number of cases the treatment will trigger a migraine. It will not cause migraine if you are not a migraine sufferer, although a headache can occur after treatment for a few hours
- ♦ In a patient who has a history of seizures or epileptic fits, although osteopathic treatment is often beneficial in reducing the number of fits, it may trigger a fit after treatment.
- ♦ Rarely tinnitus can be caused by cranial treatment.
- ♦ It is important that you tell your osteopath as soon as you know you are pregnant. We knew of no evidence to show that cranial treatment carries a risk of miscarriage even during the critical first 12 week period, although forceful manipulation would be contraindicated at this time

## Cancellation of Appointments

- Please attend all your booked appointments.
- If you cannot attend please give us at least 24 hours notice of cancellations. We usually have people waiting for cancellations and can often fill appointments even at short notice.
- Appointments not cancelled with 24 hours notice will normally be charged for.

We hope that your experience of receiving osteopathic treatment is a happy one. Please tell us if there is anything that you are not happy with, so that we can continue to improve our service.

## Data Protection

Under the Data Protection (1988) Act, we are required to advise our patients on our Data Protection Policy

As part of the patient record, the clinics are required to retain information for the purpose of consultation for treatment, recording subsequent treatments and for the use by third party medical practitioners only at the request of the patient in writing.

All information, whether written or digital will be stored for as long as the patient remains a patient of the clinic and thereafter for a period of 7 years (until the age of 21 for children)

All information provided will be treated as confidential and will not be given to any other person or organisation without the written consent of the patient concerned.

Information will be held both manually and electronically in files accessible only by staff who are directly involved in the data entry and processing of patient records.