

moore osteopathy.

thank you for booking
an appointment.

here's what to expect.

When you arrive

We don't have a receptionist so please press the buzzer for whoever your appointment is with and they will let you in. If we're with another patient we might not be able to greet you personally but please follow the stairs up to our reception area, which is on your left as you pass through the first door. Take a seat and your practitioner will be with you as soon as they are available. Please help yourself to refreshment and magazines while you're waiting. There are male and female toilets in the hallway outside of the waiting room.

Accompanying chaperones

If it makes you more comfortable, you are welcome to bring a chaperone with you. A chaperone is someone you trust and someone who you are comfortable to talk openly in front of, as during the appointment we will ask lots of questions about your health history. Your chaperone is welcome to join you in your appointment or they can wait for you in the reception area. Please note that we are not able to provide a chaperone for you.

During your appointment.

Case history - questions about your health

A first appointment will last about 1 hour. Prior to starting your treatment, you will be given time to explain what the problem is and why you have come to see us. Then we will ask you lots of questions about your medical history, health and lifestyle. Please bring along any x-rays, scans, reports, specialist letters or details of medication that relate to the problem you have. Please be aware that if it is relevant to do so, we may ask personal questions about your health, such as gynaecological health and questions about periods, pregnancies and self-examination.



Physical exam and treatment

After we've taken a case history, we'll carry out a physical examination of your posture and mobility. This will involve you standing in front of us and performing some simple movements, within your pain free range, while we examine your body to identify any restrictions in movement.

You may be asked to remove some of your clothing in order to help with our assessment during the physical examination. We will step outside of the room while you do this and will provide towels for you to cover up. Many patients undress to their underwear, but if this makes you feel uncomfortable you are welcome to bring light sports clothing such as shorts and a t-shirt or vest to change in to. Our patient's comfort is of the utmost importance to us, so please let us know if you feel uncomfortable at any point.

Following the examination, we will explain what we think the problem is and give you our diagnosis. If we feel we can offer treatment to help then we will discuss our approach with you, or if we feel you need further investigation we will refer you back to your GP. Please feel free to ask questions at any point.

Treatment usually involves sitting or lying down on a height adjustable treatment table while we use a variety of specialist manual techniques to help resolve the problem, such as soft tissue massage, joint mobilisation, stretching and manipulation. We'll do our best to explain what we're doing at each step but please feel free to ask any questions or let us know if you wish to stop the treatment at any time.

At the end of the treatment there will be the opportunity to discuss any homework or exercises you could do to help with your pain as part of your overall treatment plan. Your practitioner will discuss next steps and if you will require any follow up treatments.

We look forward to welcoming you on your first visit to the clinic.

Clinic location and directions

The clinic is situated on Melton Road, in amongst the shops. We're opposite George's Fish & Chips, above AW Lymn. The clinic is on the **FIRST** floor (16 steps) and **SECOND** floor (additional 12 steps) so unfortunately we do not offer disabled access. There is ample on road parking and you are welcome to use the forecourt outside the building too.

www.mooreosteopathy.co.uk

0115 981 5134

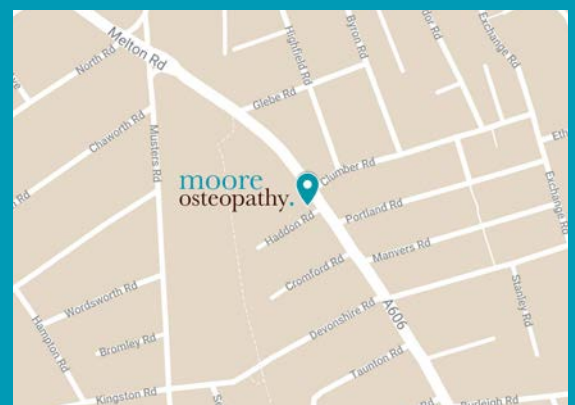
After your treatment

You may feel some short-term exacerbation of symptoms and soreness following treatment but this should ease within 24-48 hours. Please allow yourself time to rest and drink plenty of liquids to help your recovery. If you have any concerns, please don't hesitate to contact us. Otherwise please continue with any support exercises or activities outlined in your treatment plan.

Babies.

Cranial osteopathy for babies is an extremely gentle and safe approach that uses skilled, light techniques specifically tailored to them. Please bring your baby's red book with you to the appointment, if you have it, along with any test results or medication.

If possible, please make sure your baby is fed beforehand, although there will be plenty of time to stop and feed, cuddle, settle or change nappies during the treatment.



128a Melton Road,
West Bridgford, NG2 6EP