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## **About your Osteopathy clinic appointment**

Our osteopathy clinics see people who have been referred to us by their GP or secondary care consultant to provide assessments and treatments that are focused on relieving symptoms and pain, improving function and enhancing the independence of our patients.

Our osteopathy team are highly skilled, experienced and dedicated. We offer the very best in osteopathy health care providing the complete solution for musculoskeletal problems.

We have private treatment rooms and all of our staff are trained in manual, manipulative and exercise therapy.

We have access to advice and support from physiotherapy, podiatry, domiciliary therapy, specialist rehabilitation and advice classes, mental health and Livewell Services.

### **Referral to the service**

You can be referred to us by your GP.

We will contact you to arrange a convenient appointment for your initial assessment. Depending on your assessment, you may be offered a course of treatment and your next appointment will be booked for you before leaving the clinic.

We will report back to your GP regarding your treatment and any on-going care.

### **Appointments**

On your initial visit you will have the opportunity to explain what the problem is. With your consent your therapist will examine you. Following your assessment your osteopath will prepare an individualised treatment plan for you.

Your assessment and follow up appointments will last up to 45 minutes.

You have the right to have someone with you as a chaperone. We can supply a chaperone if this is needed.

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## Things to remember

You may need to undress so please dress appropriately or bring something with you to change into. For example, shorts if the problem is with your back or female patients may wish to wear a vest top for shoulder or neck problems.

Please bring a list of medication with you, if you take any.

## Where can I be seen?

We offer osteopathy at St Catherine's Health Centre, Tranmere and the The Warrens Medical Centre, Arrowe Park Road.

When we call to make your appointment we will explain your options and you can choose one that is convenient for you.

**We are only able to treat you for the reason you have been referred. Any additional treatment requires a separate referral. Please speak to your GP.**

If you would like this information in another format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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