

## What Are The Risks Associated With Osteopathy?

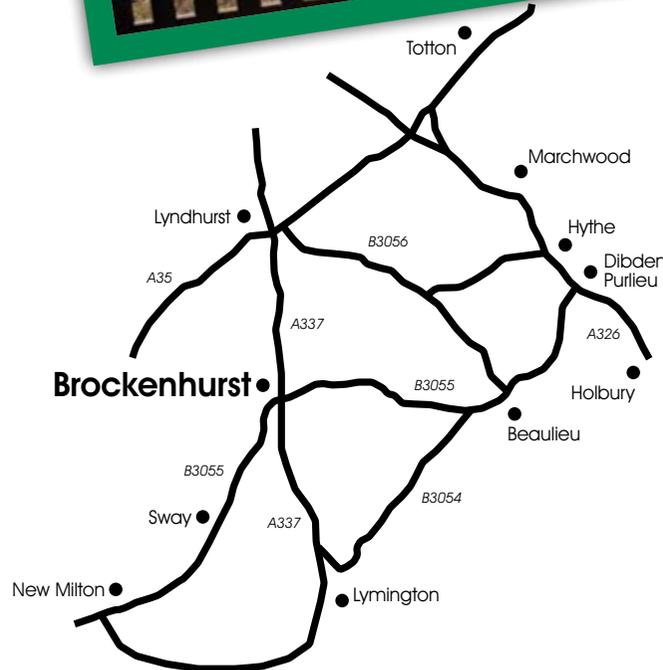
As with all treatments, there are some risks associated with osteopathy. Your osteopath at The New Surgery will clearly explain any risks which may apply to you.

### Side Effects

Side effects are unwanted but mostly mild and temporary effects you may get after having treatment. Side effects of osteopathy may include:

- Discomfort or mild pain at the point of manipulation
- Bruising
- Tenderness
- A headache

These should disappear within a day of your treatment.



### How To Contact Us:

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**Osteopathy**  
at The New Surgery

**Patient Information**



### What is Osteopathy?

Osteopathy is a holistic form of manual therapy. Osteopaths treat the body as a whole not just the site of an injury.

Osteopaths use a range of gentle, manual techniques such as deep tissue massage, joint articulation and manipulation.

The aim of osteopathy is to support your body to become balanced, helping you to return to, or maintain good health.

### Why Might You Visit an Osteopath?

Osteopathy is used to examine, diagnose, treat and prevent a wide range of conditions. You might visit an osteopath for rehabilitation from an injury, pain relief or for keeping yourself well.

Osteopathy is used for many health conditions including:

- Back pain.
- Neck pain.
- Sports and other injuries.
- Restricted mobility.
- Shoulder and arm problems.
- Hip, pelvis and leg problems.

Osteopathy is suitable for all age groups, from young children to people in the later years of their lives. Cranial osteopathy is particularly suitable for young babies.

### What is the Evidence For It?

People have benefited from osteopathy for over 100 years. Recently in the UK it has become available through mainstream health services. The New Surgery is one of the first osteopathic clinics in the country able to offer musculoskeletal services on behalf of the NHS (visit our website or speak to your GP for more information).

The National Institute for Health and Clinical Excellence (NICE) recommends osteopathy for the treatment of low back pain.

Many sports teams are integrating osteopathic treatments into their medical services. Steven Orton the Principle Osteopath at The New Surgery was proud to work as part of the medical team at the 2012 London Olympics.

### What Qualifications Do Osteopaths have?

All osteopaths in the UK are registered and regulated by the General Osteopathic Council (GOsC). It is against the law for anyone to call themselves an osteopath unless they are registered with the GOsC.

All GOsC registered osteopaths must study for four to five years for an undergraduate degree, plus do at least 1,000 hours of clinical training in osteopathic techniques.



### What Does an Osteopathic Treatment Look Like?

Your first appointment at The New Surgery will consist of an assessment and if you agree, a treatment.

The osteopath will begin by taking a full medical history and asking you questions about the problem you are experiencing.

The osteopath will then examine you. It is likely that you will be asked to remove some of your clothing. Tell us if you feel uncomfortable with this. Our osteopaths are always happy to find a solution that you are comfortable with.

You can ask a friend or relative to accompany you and be present throughout your treatment. Our receptionists are also available to act as chaperones if you prefer.

After taking a case history, and examining you the osteopath will give a clear explanation of what they find (their diagnosis) and discuss a treatment plan that is suitable for you. They will explain the benefits and any risks of the treatment they are recommending, and the likely number of sessions you will need for a noticeable improvement.

With your agreement, the osteopath will then begin a treatment. Treatment is hands-on and involves skilled manipulation of the spine and joints, and massage of soft tissues.

You are encouraged to ask questions throughout the process.

Self-help measures and advice on exercise may be offered to assist your recovery and prevent recurrence or worsening of symptoms.