



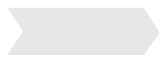
# Visiting an osteopath?

## PLEASE CONSIDER THE FOLLOWING

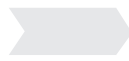
### 1 Things I need to know ahead of my consultation



What might my treatment involve?



How much will my consultations cost?



How long will it take?



Can I bring someone with me?



What should I wear?

### 2 My osteopath will want to know about me as a person, so it's useful to consider beforehand:

What is important to me?

What are my expectations of osteopathic treatment?

What are my goals in relation to my health and wellbeing beyond treatment?

Do I have any preferences, concerns or queries about osteopathic treatment?

### 3 During or after my consultation



It's good to ask questions during or after my consultation



My feedback is encouraged to improve my patient experience



What can I do to help my treatment in my own time?