

General advice for your after-treatment care

WELWYNGARDEN
OSTEOPATHS

yourOsteopath
helping you to live a pain free life



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GENERAL ADVICE

resting

Lying flat on your back is not advised. Use a pillow under your knees when on your back, or between bent knees when on your side. If you must sleep on your stomach, use a pillow under your hips to lift your lower back a little.

Putting a duvet under the sheet can help make a hard bed more comfortable, or even consider buying a memory foam topper.



GENERAL ADVICE

sitting at a workstation

Sit back in your office chair, making sure your low back is supported, bringing the chair to the desk, rather than you leaning into the screen.

Set an alarm or your PC scheduler to remind you to get up every 20 minutes and “potter” around. Frequent short breaks away from the computer can help avoid back, neck and eye strain.



AFTER YOUR TREATMENT

hot/cold therapy

Most of us shy away from the cold, but your average musculo-skeletal injury responds very well to ice packing, and you'll be amazed at how "helpful" it feels. Cover the sore area with a cold gel pack or frozen peas, wrapped in a thin cloth e.g. tea towel.

cold only

Apply to the affected area or where advised by your Osteopath. If a recent or acute injury, apply for 5 mins ideally at 30 minute intervals for the first 24 hours. For more longstanding injuries, apply for about 10 -15 mins, or as directed.

contrast bathing

Start with cold, applying to sore area for about 5 mins. Remove and apply heat e.g. a covered hot water bottle to the same place for the same length of time. Alternate for two more applications. Always finish with the cold.

heat only

Heat is soothing and comforting. Especially useful to reduce muscle tension and spasms. We see plenty of skin damage through leaving heat on too long, so do cover your skin before applying the heat and avoid scalding yourself!

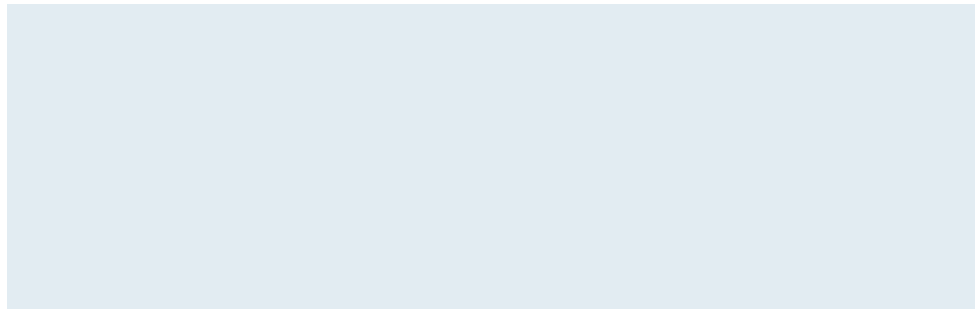
AFTER YOUR TREATMENT

soreness

You may feel some increased tenderness or soreness after treatment. Your Osteopath will normally have already warned you that this might happen and we do what we can to minimise or avoid it, but it is not uncommon. If you are concerned or need advice, including the most appropriate pain relief, please call us. We are always happy to speak to you.

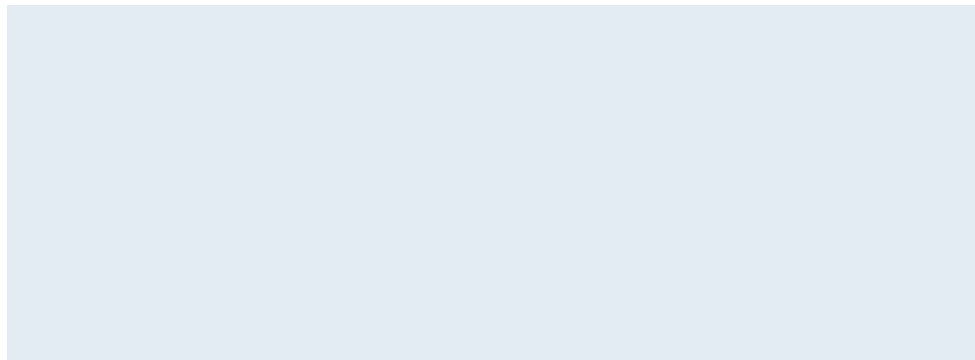
AFTER YOUR TREATMENT

your diagnosis



AFTER YOUR TREATMENT

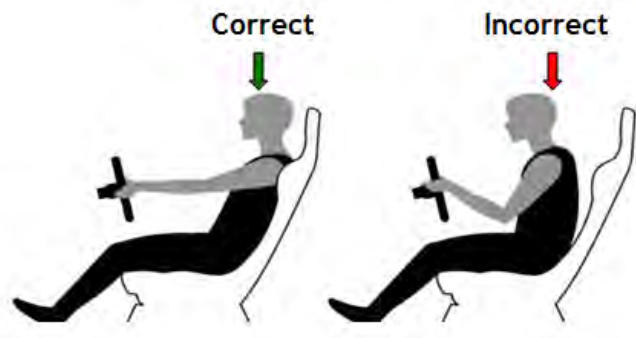
any other advice



GENERAL ADVICE

sitting at leisure/driving

In the evenings, lie on your sofa rather than sit. In general, low, soft chairs aggravate back pain more than firmer, higher ones. Driving involves sitting and often in a slightly twisted position. Again, try sitting on a cushion, pillow or a memory foam seat pad to slightly raise your hips above your knees. Make sure you are positioned comfortably, and take regular breaks on long journeys.



GENERAL ADVICE

exercise

In general, if you are participating in regular exercise or sport then it is normally safe to continue, unless your injury or condition was caused by this in the first place. Please tell us about any sport or exercise you do, so we can best advise you.

You may be given specific rehabilitation exercises by YourOsteopath, if they will benefit you. We have hand-out sheets for most of the exercises we prescribe or time allowing, we are very happy to record you running through your exercises on your own phone.

GENERAL ADVICE

avoiding a bad back

Very often, it's not WHAT you do but HOW you do it! The commonest cause of back pain is doing an every day activity badly, repetitively or over a long period. This includes poor posture and sitting for too long. It's best to avoid bending and twisting at the same time and be aware of how awkward a position you might be in.

In the Real World rest is often not an option and not necessarily beneficial anyway. It is more important that you try to identify and then adapt the everyday things you do that might be contributing to your condition.

For at least 48 hours after your appointment try to avoid awkward bending or twisting movements if at all possible.

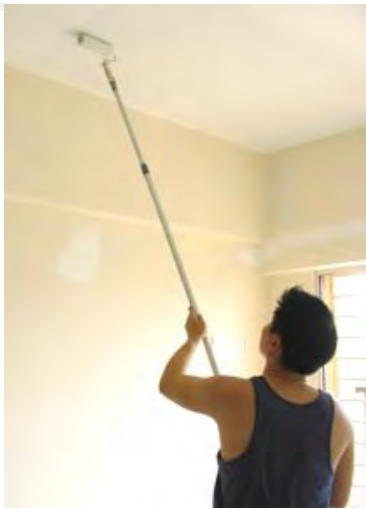
For example: VACUUMING

If you can't delegate, then try to "stay" with the machine i.e. don't stand still and push it away from you, walk with it instead. (It sounds crazy, but it's like anything new, it feels odd at first but quickly becomes second nature).



The same principle also applies to:

- Mowing the lawn
- Mopping
- Sweeping floors
- Raking leaves
- Hedge trimming



It's also worth being careful with changing the bedding and pushing a full trolley in the supermarket immediately after your appointment.

Painting a ceiling, moving garden pots, heavy digging or shifting gravel are all things to avoid immediately after your treatment, unless they are occupational or your Osteopath advises you otherwise.

Wearing a lumbar support or specialist belt, supportive underwear or even tight trousers can be useful, when you're doing something physical, that you're not used to or are liable to "over-do".

If you are at all in doubt about any planned activity or project, then please, just ask.

Our Commitment to you. We will:

- treat you with respect and courtesy
- listen to you
- prescribe, what we judge to be, the most appropriate treatment plan for you
- not embark on a treatment unless we anticipate a positive outcome
- discuss with you any decisions about your treatment and our expectations of the extent of benefit that may be gained
- make every effort to keep to time for your appointment
- through Continuous Professional Development, keep abreast of new techniques and Best Practice in Osteopathy

What we ask of you:

- please attend your appointment in good time to complete any paperwork and get settled
- please understand that if you arrive too late for us to be able to complete the planned treatment, we will reschedule your appointment to avoid affecting following patients
- please give 24 hours notice should you need to cancel or reschedule your appointment so we can offer that appointment to another patient. A fee may be charged if you fail to keep your appointment with us without giving sufficient notice
- please settle your account after your appointment. Payment can be made by cash, cheque credit/debit card or via your private medical insurer
- do let us know if there is something that upsets you - that way we have a chance to put it right



We appreciate your feedback, if you are happy with our service please recommend us to a family member, friend or colleague or via our website, or on Facebook or Twitter.