



Dear Patient,

Adult First Treatment Letter

Thank you for booking in to see me. This letter confirms your first appointment with me and gives you some information about the appointment.

During your first visit I will take a detailed case history, including your full medical history. You might like to wear comfortable clothing such as T-shirts and comfortable trousers as this makes it easier during the examination. Please bring with you a note of any medications or the medications themselves that you are taking. This includes either prescribed or over the counter medications, including any homeopathic or herbal remedies you are taking. Any X-ray and scan results can also be helpful. All information helps in reaching a correct diagnosis.

I will usually want to make a full examination of the region where the pain is. This may involve undressing to your underwear for examination. Please bring a friend or relative with you into the treatment room if it makes you feel more comfortable. The case history discussion and examination will take up a fair amount of time on your first visit.

I use cranial osteopathy as my main treatment modality. This family of techniques addresses tissue strain in the whole body (not just the head) through calming the nervous system and helping the body resolve patterns of strain in all levels of tissue from bone, muscle and fascia and includes the nervous and cardiovascular system. Osteopathy emphasises the importance of good blood flow and treats the body as a single unit of function. Therefore, I consider your whole body, as well as the problem area.

At the end of the first appointment I will give you a detailed explanation of the diagnosis and the proposed treatment. Please do not hesitate to ask any questions about anything you think of. Occasionally it may be appropriate for me to refer on to another healthcare practitioner for further investigation or treatment alongside osteopathy. I will talk with you about this if this seems necessary and we will agree a plan together.

Fees, payment, health insurance and cancellation policy are all covered on the Appointments page on my website. Please read everything carefully and bring a signed copy of this letter to your first treatment.

I look forward to meeting you soon.

Julia Finlay M.Sc B.Ost
Registered Osteopath

Signed by Patient