

Frequently Asked Questions

Frequently Asked Questions 1. What can I expect when I visit Poole Bay Osteopaths Ltd?

When you visit us a full case history will be taken and you will be given an examination. The aim of the detailed case history is to establish not only the nature of the problem but also the suitability of your treatment. Questions are asked regarding medical history in case, for example, the back pain is referred from a kidney stone. You will normally be asked to remove some of your clothing and to perform a simple series of movements. The osteopath will then use their highly developed sense of touch, called palpation, to identify any points of weakness or excessive strain throughout the body.

Appropriate referral can be organised through your GP if it is felt that osteopathic treatment is not suitable.

2. Will my GP approve of treatment?

Although you don't need a doctor's approval to see an osteopath, it is important that everyone is kept informed. For this reason you will be asked if you mind if your doctor is notified that you are receiving osteopathic treatment. Doctors can refer you without retaining clinical responsibility and are not liable for claims against an osteopath. As osteopathy becomes increasingly widespread so it becomes more likely that your GP will have an arrangement with an osteopath, or an in-house service.

3. How many treatments will I need?

There are many influences on your recovery time. Often resolution can be expected within a few weeks, however those problems that have become chronic may take longer. We can usually give a reliable prognosis after your first visit. If your problem does not seem to be resolving within these sessions, you may be will be referred to another practitioner or your GP.

4. What is the popping noise?

This is from the cavitation of the joints between the vertebrae, not the disc going back. It is useful in that it allows adaptation of the local area and can have other neurological influences. It should not hurt.

5. What is sciatica?

Sciatica is caused whenever an undue pressure is exerted on the sciatic nerve. This nerve is about the size of your index finger running through the small of the back, pelvis and into the back of the leg where it starts to divide into branches. Because it has such a winding route through the lower limbs it can be caught, pressed or inflamed in a number of areas.

6. What is the difference between Chiropractic and Osteopathy?

There are differences in the approach and technique but fundamentally they share many similarities. Both professions are now legally regulated. The best analogy is that of putting up a tent. The chiropractor's first instinct might be to look at the tent poles (the skeletal framework) whilst the osteopath might first look at the guy ropes pulling at the tent (the muscular tone). Both aspects need addressing in order to get the right result.

7. How much does treatment cost? (click to go to prices).