

Preparing for your Telehealth appointment



What to expect

1. Please make sure you have access to an in-built camera and sound before your appointment begins and that you have returned your consent form to us.
2. Make sure you have the privacy you need as the osteopath will go through your medical history. You are allowed a chaperone.
3. Your confirmation email will have a link to the video call. The osteopath will connect with you at your appointment time.
4. We will check your identity by confirming your name, DOB and address.
5. Please note that a video consultation has its limitations compared to a face-to-face appointment and there may be technical difficulties.
6. If you are happy to proceed, the osteopath will take your history as a normal consultation.
7. You may be asked to remove some clothing to visually assess your area of pain.
8. You will be asked to do some movements to assess your level of pain.
9. You may be asked to press or stretch the part of your body that hurts.
10. Your osteopath will be able, with your help, to diagnose what may be going on and how best to manage it.
11. You may be given some breathing exercises, some physical exercises or meditations depending on what the problem is. These will be emailed to you.
12. If the problem warrants a referral to your GP this will be discussed with you.
13. A follow up appointment will be scheduled to check your progress and include other exercises, if needed.
14. We are here to help, so email us if needed.