

Example conversation

Osteopath

Hello Mr Smith, how have you been getting on since I last saw you?

Patient

Oh I have been feeling quite a bit better, thank you! Just an occasional pain if I bend awkwardly.

How did you feel immediately after and in the few days following the treatment?

Well I felt great straight after but by the evening I felt a bit achy, and I was a bit sore the next day, like you said I might feel. But I was fine the day after and have been feeling better since.

Was that soreness tolerable?

Oh yes it was fine, especially as I felt better as a result and it didn't come as a surprise because you explained it all.

I'm glad you are feeling better and it seems you have responded well to treatment. Would you be happy for me to continue with our treatment plan then as we discussed last time? I'd just like to examine you again if that's alright to see if our plan is still appropriate.

Yes, that's fine by me.

The osteopath examines the patient

Yes, those movements all seem better. So I can do *treatment x*, like last time, and do *treatment y*, which we talked about last time I saw you. How do you feel about that? Do you remember I spoke to you about the risks, benefits and alternative treatments available last time? Would you like me to explain those things again?

That's fine, and no need to explain again, I'm happy with whatever you think is best.

OK. I'll tell you if I'd like to do anything differently though, and I'll explain any new risks, benefits and alternatives if they are relevant. Are you happy with that? If anything is uncomfortable in this session or if you have questions, then let me know.

OK, yes, I will do.