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## First Appointment

### What is Osteopathy?

Osteopathy is a branch of manual medicine, allied to the conventional or allopathic medicine. It is a primary care profession as the Osteopath trains for 4 or 5 years to be able to provide a diagnosis. Given a case where the clinical picture shows Osteopathy might not be enough or appropriate we refer on to the GP or consultant. Its philosophy regards the body as a unit and intervenes in the relation between function and structure to enhance self-healing mechanisms.

**Clinical History:** I will start by conducting an interview so I can understand better what brings you here, your health status in general, family medical history and general diet and sports habits. In the majority of the cases it is very relevant to gather all this information. If you have recent medical exams please bring them with you, and any medicine you may be using.



**System Check:** Depending on the nature of your complaint and general health, it might be necessary to conduct a few clinical assessments as cardiovascular, neurological, abdominal, respiratory or cranial nerves.



**Physical Examination:** It is as important to understand the specific reasons for complaint as it for its predisposing and maintaining factors. Posture observation, tissues palpation and the necessary osteopathic and orthopaedic tests are usually necessary to reach a more accurate diagnosis (full explanation is given, treatment options are discussed with the patient). The examination will be performed on the first visit; on the following ones I will monitor its development.



**Treatment:** Treatment is composed of techniques applied to structures relevant to the diagnosis. Osteopathy offers a myriad of solutions to each problem, having different options for different people, integrating them in the global clinical picture. All techniques will be explained and consent will be asked before being applied.

Eventual side effects and the strategies to deal with them will be explained before hand. Most of Osteopathic treatment does not cause side effects.

Treatment is part of a short-term to long-term plan. Depending on the nature of your complaint, this plan is designed with the patient in order to fit their life style and commitments. Following appointments will only be schedule if there is a clinical reason for it.



**Advice and Exercise:** Treatment is only one part of the therapeutic process. As a complement, advice, exercises, stretches and strategies will be given to the patient so he/she can have more control over their problem.

My aim is to accelerate and make more effective the recovery from the original complaint.



**Note:** A first appointment usually takes between 1 and 1.5h. Following appointments take between 45m and 1h. After a 6 months period since the last appointment the patients will be treated as a new patient in a first appointment. To ensure all possible comfort during the consultation and to allow the physical examination and treatment (the patient might be asked to remove some of its clothes), would be useful if you could bring shorts (not long) and the ladies a sports bra. If you wish to keep your clothes on, your will shall be respected, the most important is your comfort. The images used are just an example.