About Osteopathy
1. Osteopaths have an holistic approach to treatment and consider mind, body and spirit when trying to understand the cause of a condition. We also take into account the interaction of the musculo-skeletal system, all of your internal systems and your mindset.

2. The structure and function of the body are interrelated. Any dysfunction in your internal systems can influence your musculo-skeletal system and vice versa. Our mindset or mood can also impact on these systems.

3. The body has an inherent capacity to defend, repair, and remodel itself.

4. Osteopathic treatment is based on consideration of the above principles.
Alan’s approach to Osteopathy is based on classical Osteopathic principles, patient care, compassion, the efficacy of treatment and the importance of clearly explaining to the patient the following:

- The Osteopathic diagnosis.
- The patient’s prognosis (how long it should take to recover and how well you should recover).
- An individual treatment plan that lets you know how many treatments you are likely to need.
- How you can help yourself in both the short and long term.

This approach enables the patient to understand what has happened and helps them to participate in their own recovery. Alan’s aim is to treat and give advice that makes the patient as independent as possible.

Osteopaths take into account all the structures and functions of the human body and all aspects of a person’s lifestyle, posture, work practices and leisure pursuits when assessing a patient. The aim is to understand the underlying cause of a condition rather than just treating the patient’s symptoms.

Osteopaths are trained in recognising signs and symptoms of conditions that may require referral of a patient to other healthcare professionals for further investigation. As with all healthcare professionals, Osteopaths undertake continuing professional development to maintain and enhance their skills.

**What to expect from an Osteopathic consultation and treatment?**

The initial consultation takes approximately one hour and consists of taking a case history, a physical examination and the first treatment. Follow up treatment sessions last approximately thirty to forty five minutes. Some patients may require ongoing care and in these cases maintenance visits are recommended (the frequency of these will vary with the individuals needs).

Osteopathy is a primary healthcare therapy regulated by an act of Parliament. All Osteopaths are registered and regulated by the General Osteopathic Council.