



Bromyard Osteopathy & Natural Therapy Centre

Osteopath & Cranial Osteopath

What to expect following a treatment.

Osteopathic treatment is not only the relief of symptoms, but towards helping the body function better in all respects. Patients often report an improvement in general wellbeing, such as energy levels, better sleep patterns and also in areas of other symptoms not reported.

Reactions to treatment can vary with each patient. Your body will go through a healing process and you may feel worse initially and this can last up to 5 days. This may present itself as feeling emotional, tiredness, flu like symptoms, general soreness, bruising, nausea, headache, increased urination or bowel movement, pain becomes more localised and can remind you of an accident.

Depending upon the severity of the problem the number of treatment sessions you may need can vary between 2 and 6. In my experience on average 3 treatments brings a significant improvement or recovery. On occasion 1 appointment can be beneficial and you may be discharged at this point. Not everybody needs a course of treatment.

Osteopathic treatment is usually weekly to begin with. Treatment on a maintenance basis may be suggested after the initial course of treatment and this is typically 2-4 months.

Relapses of the presenting problem are not uncommon in the cases of chronic history or a lifestyle that continues to aggravate the problem. Recurrence of symptoms may also result due to injury, infections, and on-going stress and emotional upsets. Advice will be provided to help prevent recurrence.

When improvement takes place it is sometimes seen as a coincidence or even as a miraculous or magical change.

If you have any concerns or questions following your treatment then please do not hesitate to contact me and I will be happy to discuss any issues that have arisen following a treatment session.

Yours in health, wellness and prosperity

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