



HARRY HAMPSON  
OSTEOPATHY

# What to expect at your first appointment

# When you arrive

## SageOsteo, Inverkip



If you're new to Sage Osteo and expecting your first visit, please come in, take a seat and complete a consent form. Often one of us will pop our head around and say hello!



## Bearsden Osteopaths, Bearsden



If you're new to Bearsden Osteopaths then here are a couple of things to note for your first visit:

- The door is a security buzzer system so press the second button (on the right) and someone will buzz you in.
- Nicola will be there to greet you and give you a consent form to complete.



# Appointment outline

## Diagnosis

The first appointment lasts 40 minutes to an hour and allows us to:

- Listen and ask questions about your problem, your general health, other medical care you are receiving and medication you are taking.
- Check for signs of serious conditions we cannot treat and potentially advise you to see your GP or go to hospital.

We will find the  
root cause of  
your pain



## Assessment

Examine the health of the joints, tissues and ligaments. Ask you to make simple movements and stretches to observe your posture and mobility. Because of the body's structure, pain or stiffness you are experiencing in one part may be linked to a problem elsewhere.

We will give you a clear explanation of what we find (our diagnosis) and discuss a treatment plan that is suitable for you. We will explain the benefits and any risks of the treatment that we recommend.

# Appointment outline

## Treatment

Treatment is hands-on and involves skilled manipulation of the spine and joints, and massage of soft tissues. Treatment aims to:

- Reduce pain
- Increase mobility
- Produce an endorphin release
- Move inflammatory swelling away from the area



*Easing the tension out  
of your muscles*

## Prevention

Self-help measures and advice on exercise will be offered to assist your recovery, prevent recurrence and/or worsening of symptoms. We will also come up with a plan to keep you feeling your best!

# FAQs

Does it hurt? ↓

Whilst we aim to keep you as comfortable as possible, during the examination process we may perform some “provocative tests”. These tests aim to identify the root of the problem and may be sore.

If at any point you are uncomfortable – **please do let us know** and we can change the approach.

Will I have to remove any clothing? ↓

To enable proper examination, it is likely we will ask you to remove some of your clothing. Please let us know if you are uncomfortable about this. You are more than welcome to bring shorts or a thinly strapped top – whatever makes you feel most comfortable.

Can somebody come with me? ↓

You can also ask a friend or relative to accompany you and be present throughout your treatment.



# Prices & Location

## Bearsden Osteopaths

New Patient Consultation	£52.00
Returning Patient Consultation	£48.00
<b>We accept cash or card (not Amex)</b>	

Suite 2 Kirk House, Kirk Road  
Bearsden, Glasgow G61 3RG

0141 942 0629



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## Sage Osteopathy

New Patient Consultation	£45.00
Returning Patient Consultation	£45.00
<b>We accept cash, cheque, or bank transfer</b>	

54 Main Street, Inverkip  
Greenock PA16 0AS

01475 522861



# Time to get pain-free

If you have any questions, or would like to arrange a consultation, feel free to get in touch! I'm always happy to chat.

You can also follow me on social media for helpful tips and exercises (icons below are clickable)



**Email:** [osteoharry@gmail.com](mailto:osteoharry@gmail.com)

**Call/Text:** 07599846412

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**HARRY HAMPSON**  
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