



YOUR CUSTOM TREATMENT

Here at Oakwell Health our highly trained practitioners are committed to giving our patients the best possible service to suit their needs. Each therapy offered at the clinic can be tailored to suit you as we are only all too aware that one size does not fit all!

Your expert practitioner will establish the best course of treatment for you based on your consultation and their experience. We do ask however that you consider how intense you would like your treatment to be and to discuss this with your practitioner prior to treatment.

Some patients may prefer a more vigorous treatment, whereas others may prefer a softer approach. Please note that even with a gentle approach, some discomfort may occur.

Every patient we treat is truly unique and as such we cannot guarantee how the treatment will work. Some patients see immediate results, whereas for some it may take a course of treatments to fully feel the benefit of the therapy.

A healing crisis (see below for definition) can occur post-treatment. This is quite common and usually passes within 24-48 hours. If you are concerned at all, please contact us.

A healing crisis, or healing reaction, is a temporary worsening of symptoms that occurs when the body is going through the process of healing itself, eliminating toxins and/or the body simply adjusting to working properly.

You may need to book a follow up session based on your practitioner's recommendation. You can do this either with Reception or online at www.oakwellhealth.co.uk.

ACUPUNCTURE



During your treatment, your practitioner may consider it beneficial to have acupuncture.

Are there any risks or side effects to acupuncture?

Acupuncture is considered a very safe method of encouraging the body to promote natural healing and improve function. When done properly, acupuncture rarely causes serious side effects. Many people feel a brief tingling sensation, like a pinprick, during insertion of the needle(s). Others may experience a dull ache around the needle after it is inserted.

Please discuss what you have been experiencing with your practitioner. Your comfort is our priority, so the more you discuss, the more we will be able to help you.

Sometimes the original symptoms may worsen for a few days post-treatment. Other general changes in appetite, sleep, bowel or urination patterns, or emotional state may be triggered. These should not cause concern as they are simply indications that the acupuncture is starting to work. Acupuncture is smoothing out energy that is stuck in areas of the body - a common analogy is to think of a kinked garden hose which stops water flowing and builds up pressure. When you straighten the hose, water initially rushes out, then stabilizes back into its natural flow.

Other problems documented by researchers resulted from mistakes made by the practitioner administering the acupuncture. For example, some have failed to refer their patients for other kinds of treatment that might be more effective for their illness. Others have spread infection by using non-sterile needles. A handful have injured patients by pushing a needle into a vital organ, such as a lung. Overall, as the National Institutes of Health concluded, acupuncturists have an extremely good safety record.

Precautions & Contraindications:

- 1: It is contraindicated to needle the abdomen and lumbosacral areas of pregnant women;
- 2: Avoid blood vessels to prevent bleeding;
- 3: Points on the chest and back should be carefully needled to avoid injury to organs.

Risks (most of which are extremely rare):

- 1: Bruising / Bleeding
- 2: Fainting
- 3: Muscle spasm
- 4: Nerve damage
- 5: Punctured lung
- 6: Accidental injury to organ (Brain, Spinal Cord, Heart, Liver, Kidney)

ADVERSE EFFECTS OF OSTEOPATHIC TREATMENT & ACUPUNCTURE



Any medical treatment can produce an adverse effect, however the risk of these in Osteopathy and Acupuncture are extremely low. During your session, your Osteopath will consider your case history and choose the most appropriate treatment for you.

You may notice some side effects following your treatment. The most common ones are feeling tired, achy or an increase in your symptoms - this usually only lasts 24-48 hours and is normal in 10-20% of cases.

The risk of a serious problem occurring is incredibly small. Most Osteopaths have never encountered one in a lifetime of practise. To put this into perspective:

Complications per treatment:

Surgery - 1 in 60 operations

Gastric ulcer from taking Ibuprofen - 1 in every 4000 doses

Complications from neck manipulation - 1 in every 1.5 million treatments

Complications from lower back manipulation - 1 in every 10 million treatments

A very small number of patients have experienced serious or disabling problems, such as fractures, nerve injury, or stroke. In these instances these patients are likely to have other pre-existing medical conditions which make their blood vessels or other tissues vulnerable to damage during any trivial movement.

Your Osteopath will have asked all the relevant questions to establish an appropriate treatment plan. If it is perceived that a certain form of treatment carries a real risk, it will be discarded.

ACUPUNCTURE

The common side effects of Acupuncture are drowsiness, sweating, feeling tired, bruising and minor bleeding at the site of needling. Much less commonly fainting may occur in susceptible patients. Infection is a very rare complication as the needles are sterile and single use only. An exceptionally rare complication is a needle perforating a vital organ. This is rare as needling techniques are designed to avoid this.

FIRE ACTION IF YOU DISCOVER OR SUSPECT A FIRE

- LEAVE THE ROOM SHUTTING THE DOOR BEHIND YOU
- OPERATE THE FIRE ALARM USING THE NEAREST AVAILABLE CALL POINT - AIR HORN, HAND BELL, SHOUT LOUDLY AND REPEATEDLY “**FIRE**”
- ON HEARING THE ALARM, LEAVE THE BUILDING IMMEDIATELY. FIRE LADDERS ARE AVAILABLE FOR EXITING THE UPSTAIRS ROOMS
- PROCEED TO THE ASSEMBLY POINT AT THE FRONT OF THE CAR PARK
- DO NOT STOP TO COLLECT PERSONAL BELONGINGS - EXIT IS PARAMOUNT
- DO NOT RE-ENTER THE BUILDING UNTIL DEEMED SAFE TO DO SO BY FIRE PERSONNEL