

PATIENT INFORMATION SHEET

Welcome to Swansea Health Solutions.

This information sheet will give you an overview of what you can expect when you visit.

Your first treatment session

Your initial consultation and treatment at the clinic will last approximately 45 minutes and will be carried out by a fully qualified therapist. Before treatment begins your therapist will take a full case history which will include details of your current complaint, your medical history as well as questions about your current health and lifestyle. The comprehensive case history helps to establish possible predisposing, maintaining or precipitating factors involved in your complaint.

Please wear appropriate clothing such as shorts or a vest top so that your problem can be properly assessed by your therapist. For the purpose of the examination we may examine your overall posture and consider the relevance of other areas of the body to your present complaint.

As part of the examination you may be asked to perform movements of different areas of your body and the therapist may perform standard medical tests such as measuring blood pressure and reflexes. The therapist will also use palpation of tissues to help determine the factors that may be involved in the cause of the complaint. The therapist will seek consent and involve you in each step of the process. Once the diagnosis is complete the therapist will discuss your treatment options with you and provide you with knowledge and guidance about your condition. Management may also involve recommendations about exercise, posture and lifestyle.

Follow up appointments

Sessions will last approximately 30-45 minutes and will involve some initial questioning and re-assessment. Following this your therapist will provide treatment if needed and advise any recommendations to speed up your recovery. It is not unusual to feel some soreness 1-2 after treatment. Should any adverse treatment reaction exceed this then please contact the clinic.

Confidentiality and treatment records

Any information you give will be treated as confidential. With consent your records may be discussed with other team members. Information is never released to others not involved in your care, such as employer or solicitor without written consent.