

Video Consultation FAQs

Is my injury / pain suitable for online consultation?

The majority of musculoskeletal injuries are suitable for online osteopathy consultation, but if we determine that your injury or situation is not at all suitable for an online consultation by an osteopath, we will let you know.

How can you diagnose me without touching me?

All osteopathy appointments start with a 'subjective assessment', in which we ask you a well-structured series of questions designed to discover what we need to know about your injury without touching you.

By the end of the subjective assessment, we already have a clear idea of your probable diagnosis. We may then perform some tests to confirm this diagnosis. We may then ask further questions or ask you to perform certain movements and will then assess your feedback regarding these. This process should clarify diagnosis. If we are unsure of your diagnosis, we will not hesitate to refer you.

How can you treat me without touching me?

We are at a time where being with other people could make you unwell, yet you are in pain. Osteopaths are equipped with an array of tools to help you so we will call on all our other skills to help you heal.

Educating you about your condition, identifying contributing factors from your lifestyle, as well as instigating a structured and tailored exercise programme, are some of the most important things osteopaths can do to help you until we can once again get 'hands on'.

How do I know I'm doing the exercises right?

The wonders of modern technology open up a whole world of possibility. You could attach a photo or video of yourself doing the exercise/s, or even organise for us to check them via your webcam in real time! All the exercise descriptions are very clear and illustrated by photo or video, so often this makes things very clear.

What if the online video appointment isn't right for me?

We are confident we can help you via this method but if your condition isn't appropriate for osteopathy or you don't feel the appointment is right for you there is no charge.

For more information about video consultations, please call 01746 761050.