W1Health

Room 503/5th Floor, Linen Hall, 162-168 Regent Street, London, W1B 5TF

General information and frequently asked questions about your treatment

1. It is common to feel stiff and sore following treatment; this usually lasts around 48-72 hours. Most people describe their reaction as similar to aching and pain felt after exercising. It is common also to feel tired after a treatment. If you have any concerns about your treatment, please email: appointments@nickyellis.org.

2. You have been seen by a qualified and registered osteopath who has provided an appropriate course of action on your first visit. If you have been asked to return for a follow up appointment your osteopath will have explained the importance of doing so to achieve a particular outcome.

3. Patients are allotted approximately 1hr minutes for their first appointment and for any follow up appointments. Allotted times are not fixed, and your osteopath may spend more or less time during your appointment. Time spent on treatment is dependent on the complexity of the problem or how much can be achieved on each visit. Time is also required for providing exercises and advice.

4. If you have been asked to undertake exercises, please try to do these regularly and follow the plan set by your osteopath. If your osteopath asked you not to exercise, there will be a reason for this which was explained to you and you should wait until advised otherwise.

5. Always try to remain active if possible; this helps your recovery as well as maintaining your mobility.

6. If you have been referred for a scan or further investigation please keep in touch to let us know the result.

*Please note there is a fixed fee of £130 payable if patients fail to turn up for an appointment or do not provide us with 24 hours' notice. Remember other patients may be waiting to get in for an appointment.