EASTBOURNE OSTEOPATHY

My appointment review notes

Bring a few notes about what matters to you. You do not need to monitor every symptom. A review can lead to adapting the plan, managing independently, pausing treatment or seeking another opinion.

1. What I wanted to get back to

Choose one activity, such as walking, sleeping or working more comfortably.

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2. What I can do now

How does this compare with before the appointment?

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3. What has helped

What changed, and how long did that change last?

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4. What has been difficult

Was any advice uncomfortable, unclear or hard to fit into your day?

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5. Anything new or different

Note changes in symptoms or health, including any treatment reaction.

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6. What I want to ask

What do I need to understand before deciding what to do next?

When to get medical help

With back pain, call 999 or go to A&E for new bladder or bowel control problems, loss of feeling around the genitals or bottom, symptoms in both legs such as weakness or numbness, new changes in sexual sensation or function, chest pain, or pain after a serious accident. Do not drive yourself.

Ask for an urgent GP appointment or contact NHS 111 if pain is suddenly severe, worsening quickly, or comes with fever, shivering or feeling generally unwell. Do not wait for a routine clinic reply.

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General information: follow any individual advice agreed with your clinician.

Read the companion guide and NHS back-pain advice. Prepared 13 November 2026.