



# Anne Johnson Osteopath

Address: 6 Moor End, Eaton Bray, Dunstable, LU6 2HN  
Telephone: 01525 221958  
Mobile: 07957 250682  
Email: [osteopath@anne-johnson.net](mailto:osteopath@anne-johnson.net)  
Website: [www.anne-johnson.net](http://www.anne-johnson.net)



## General information and frequently asked questions about your treatment

- 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 the aching felt after unaccustomed exercise. It is common also to feel tired after a treatment. If you have any concerns about your treatment please contact me.
- If you have been asked to return for a follow up appointment I will have explained the importance of doing so to achieve a particular outcome.
- Patients are allotted approximately 45 minutes for their first appointment and approximately 30 minutes for any follow up appointments. Allotted times are not fixed and I 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.
- If you have been asked to undertake some exercises or use heat or ice, please try to do these regularly and follow the plan I have advised. If I have asked you not to exercise, there will be a reason for this which was explained to you and you should wait until advised otherwise.
- Unless otherwise advised - always try to remain active if possible; this helps your recovery as well as maintaining your mobility.
- If you have been referred by me or another practitioner for a scan or further investigation please keep in touch to let me know the result.