

**Dear new Perrin Technique patient,**

I am looking forward to meeting you at the initial consultation and I do hope that I can be of help.

Please make sure you have paid for your appointment in advance by clicking the Pay for your Appointment button on your confirmation email. Thank you.

The initial session will last for at least an hour and a half and will take the form of an interview followed by an examination. A diagnosis will be made based on the symptoms and the physical findings of Myalgic Encephalomyelitis (ME) or Chronic Fatigue Syndrome (CFS). No treatment will be given on this first visit.

ME/CFS advice will also be given and the appropriate treatment plan discussed. The physical examination will include a breast examination and in follow up consultations treatment will include manual lymphatic drainage techniques which are carried out on the chest and breasts as well as the back. Consent forms must be signed during your initial consultation and a chaperone must be present (with female patients) before I will carry out the examination. My colleague and fellow osteopath, Jane Reynolds, can offer herself as your chaperone while I perform the breast examination and manual lymphatic drainage of breast tissue for an additional charge of £15. Alternatively, she can perform the breast examination and lymphatic drainage techniques of the breast tissue on my behalf, for an additional charge of £25.

There is no difference in the consultation and treatment whether the patient is male or female except for the necessity of a chaperone. CFS/ME does not just affect you but your whole family and thus I also encourage spouses, partners, friends or parents to come to the first consultation so that they may fully understand the complexities of this disorder and also add any relevant information that may help me build up a better picture of your life before and during the illness.

If you are unable to bring a chaperone please contact Jane Reynolds, principal osteopath at our clinic, to discuss your options. The clinic number is 01323 655360. If we are busy please leave a message with your phone number and we will call you back as soon as possible.

I reiterate - No treatment will be given on this initial consultation. The whole trip and the length of the consultation is usually enough for most patients. I will give you a prognosis and advise you on supplements and as I have said above, determine a suitable treatment plan based on my findings. If I feel that The Perrin Technique is suitable for you, then the treatment will start the next time. You will then be taught the self-massage routine in the first treatment session which usually occurs in the week following the initial consultation. Ideally the massage should be done by a third party eg. spouse/partner/parent/friend who should also be present at the first treatment session so they may learn the exact technique. Therefore, even male patients are advised to bring along somebody to the first treatment session who can help them with the massage.

If you have any questions that do not relate to a chaperone, before the initial consultation, please contact me on my mobile – 07891 126154. If I am unable to take your call, please leave me a message and your number and I will get back to you as soon as I can.

Yours,

Daniel Baines M.Ost

Registered Osteopath and Licensed Perrin Technique Practitioner