

**Christine A. Mitchell, D.O., P.L.L.C.**

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www.osteopathywestchester.com

Thank you for your interest in Osteopathic Medicine. Please download and complete all forms. It is preferable that you fax or mail them back to the office prior to your appointment or bring them with you. The consult and treatment cannot be delivered without the completed and signed forms.

The initial consultation includes a lengthy history to determine whether there are any predisposing factors to the present condition. The physical examination usually includes checking the pulse, blood pressure, heart, lungs, abdomen, nervous system, and range of motion in the entire body. The Osteopathic structural examination includes observation for any asymmetries. The patient's spine and tailbone, arms and legs are touched to determine whether there are any areas of limited motion or circulatory changes. The patient's head is held to observe bony and fluid motion and to assess the primary mechanism (also referred to as the "cranial/sacral mechanism").

An Osteopathic manipulative treatment is specific to each unique individual. It is gentle and often pleasant and requires from 15 to 45 minutes. **Our aim in treatment is to facilitate the body's innate ability to heal itself and to allow normal form, normal motion and therefore normal function to resume. We treat the body as a whole and, therefore, do not use a technique or procedure directed at a specific complaint.** Sometimes we prescribe exercises, dietary changes, supplements or medications. When indicated, referrals are made for imaging studies, lab tests or to other health professionals.

I schedule 90 minutes for the initial consultation and treatment and 45 minutes for follow up. You are asked to:

- Complete front and back of the following Forms: Patient Info/Office Policy, Health History Form (adult or pediatric), Privacy Practice/HIPAA, Medicare Contract (if applicable). It is preferable that you fax or mail them back prior to your appointment for data entry and review of history. We cannot begin treatment without the completed forms.
- Use additional sheets of paper if not enough room on the forms.
- Bring your insurance card.
- Bring imaging study reports (x-rays, MRI's, etc), lab work or other reports that may be relevant

Patients are encouraged to wear comfortable, loose fitting clothing. Some patients are allergic to environmental pollutants (perfume, cologne, hair sprays); we would appreciate it if you refrain from wearing these to the office. **Mask wearing optional, but please wear a mask if you are sick or exposed to someone who is sick or call and discuss with me if you have questions.** When I begin your Osteopathic treatment, I will become very quiet, listening to various areas of your body. Treatment can be rather relaxing, and you are asked to enjoy the silent peacefulness while you are being treated.

If you are receiving other forms of therapy such as massage, physical therapy, reiki or chiropractic, please allow two or three days before or after the therapy before coming here for your appointment.

**Office Location:**

The office is located behind Jay Street Bistro. Look for the sign, Katonah Healing Arts Alliance. Take Elevator to the third floor. Office door is first on the right. Shared space with Dr. Richard Smith.