

# Osteopathy

Osteopaths are musculoskeletal specialists who can comprehensively assess, diagnose, treat, and manage any musculoskeletal ailments or pains that you may have, or refer you onwards to imaging or an appropriate specialist.



At KIMS Hospital, our Osteopaths work alongside the physiotherapists to deliver tailored rehabilitation for you and get you back on track to where you want to be. Private osteopathy treatment options include spinal manipulation, kinesio-taping, dry needling, cupping, strength and conditioning planning, and psychological-informed care. The service we provide is always going to be tailored towards you and your goals.

We have the convenience of both early morning and late evening osteopathy appointments available, and we aim to book you in within 48 hours of your enquiry, helping you onto the first stage of recovery as quickly as we can.

## Our physio & osteo department

Our osteopathy clinic and dedicated team of therapists are here to ensure you receive a timely diagnosis and prompt treatment, all within a modern and comfortable setting.

At both KIMS Hospital and Sevenoaks Medical Centre, our private physical therapy department has spacious, private consulting rooms, state-of-the-art imaging facilities, and a gym for group sessions and rehabilitation exercises. We also have free onsite parking, minimising any unnecessary discomfort throughout your treatment and recovery journey.

## Prices & payment

We offer private osteopathy appointments at a guide price of

Initial assessment (45 minutes)  
£74

Follow ups (30 minutes)  
£55

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Osteopathy FAQs

### Do I need to be referred for Osteopathy treatment?

No, you can book an osteopathy appointment directly with our team. We will assess your condition independently and discuss your symptoms, lifestyle and medical history to help decide on the best osteopathy service or treatment for you. However, we do accept referrals from GPs and consultants.

If you are using private medical insurance, please check with your provider, as you may need a referral from an appropriate healthcare professional.

### How will I know who I need to see?

You can see any member of the physiotherapy team for an initial assessment. Following their evaluation of your condition and requirements they will ensure your ongoing osteopathy treatment is with the most appropriate member of the team.