



Physiotherapy

In-Patient Information Leaflet

Your Therapist's Contact Details

Date:

Name:

Contact No / Bleep:

Please keep this leaflet in a safe and handy place for your reference.

What is Physiotherapy and why have I been referred?

Physiotherapy helps restore movement and function when somebody is affected by injury, illness or disability. Physiotherapists identify and maximise movement and function through health promotion, preventive healthcare, treatment and rehabilitation.

We work closely with patients, relatives and carers as well as other members of the healthcare team such as doctors, nurses, occupational therapists and social workers.

You have been referred to physiotherapy to help to see if we can offer any support in ensuring that you have a safe and timely discharge from hospital.

What can I expect from my physiotherapist?

Initially, your physiotherapist will complete an assessment of your current abilities by discussing with you and observing any difficulties you are experiencing. Your therapist may want to see you doing certain tasks such as walking, climbing the stairs or getting in and out of bed. We may also want to gather information from other members of the healthcare team and, with your consent, sometimes your family or carers. This enables us to create a treatment plan to help you overcome your difficulties and promote your independence.



As well as treating conditions affecting mobility, joints and muscles, your physiotherapist is also trained in treating respiratory conditions.

If you have a respiratory condition or have had major surgery, your physiotherapist may assess your breathing and offer you treatment to help clear excess mucous and facilitate better breathing.

Your individual treatment plan may involve any of the following:

- Exercises that can be performed alone or with a therapist.
- Provision, education and practice of using walking aids such as crutches, a stick or a frame.
- Walking practice to help improve technique, safety and endurance.
- Practice transferring in and out of your bed and chair.
- Practice and advice on climbing the stairs.
- Breathing exercises and techniques to help treat respiratory problems.
- You may also be involved in group exercises with other patients.

Physiotherapists can also refer patients on to other services such as outpatient physiotherapy or community physiotherapy who can help continue your care once you are discharged from hospital.

We have intentionally left some space blank for you and your Physiotherapist to write in an agreed plan of care or any other useful information.

Physiotherapist to do list:

Patient to do list:





Useful contact details:

Outpatient Physiotherapy (Hillingdon): 01895 279369

Inpatient Physiotherapy and Occupational Therapy (Hillingdon): 01895 279366

Mount Vernon Physiotherapy: 01923 8444 430

Patient Advice & Liaison Service (PALS): 01895 279 973

NHS Hillingdon Domiciliary Physiotherapy: 01895 628810

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز و جچا ہی دی اے تے پتہ کرن لئی 01895 279 973
رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jezeli chcialbys uzyskac te informacje w innym języku lub w duzej czcionce popros pracownika oddzialu o kontakt pod numerem telefonu: 01895 279973

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .