

## Physiotherapy Service

# What is Physiotherapy?

Physiotherapists ('Physios') work in a wide variety of health settings such as intensive care, stroke recovery, care of the elderly, on medical and surgical wards and out patient clinics.

They use their knowledge and skills to help patients regain movement and to improve a broad range of other physical problems associated with different 'systems' of the body. In particular they treat the following conditions:

- Neurological (brain and nervous system)
- Musculoskeletal (soft tissues, joints and bones)
- Cardiovascular and Respiratory (heart and lungs and associated physiology)

Your Physiotherapist will discuss with you any problems you are having. These may include:

- Mobility
- Getting on/off your chair, toilet, bed
- Managing the stairs
- Breathlessness and productive cough
- Balance
- Joint stiffness or muscle weakness

All qualified Physiotherapists have completed at least a three year course of study and must be state registered. They work closely with other professionals such as doctors, nurses, social workers and occupational therapists.



## Patient Information

Qualified Physiotherapists wear a uniform in white and navy blue and assistants wear grey and black.

Physiotherapists can be seen in both inpatient and outpatient settings and referral is via your Consultant.

### **You can contact your Physiotherapy team on:**

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The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the team and we will do our best to meet your needs.

The Trust operates a smoke free policy

<b>Document History</b>	
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