

Information for patients

Intensive Inpatient Physiotherapy



Physiotherapy

Please read this guide carefully as it aims to provide you with helpful information about your admission to the Robert Jones & Agnes Hunt Orthopaedic Hospital for Intensive In-Patient Physiotherapy.

What does the week involve?

Intensive In-Patient Physiotherapy involves rehabilitation specific to your individual needs and aims to improve function following surgery. You will be under supervision of Physiotherapists who have experience in treating patients following orthopaedic oncology surgery. The service is generally provided over a 5 day period (Monday-Friday).

The week will begin with an initial assessment where your current level of function and ability will be assessed by the Physiotherapist. Here you will discuss specific goals with the Physiotherapist that you would like to achieve for the week ahead. You will receive one hydrotherapy session and one to two gym sessions per day, as deemed appropriate by your Physiotherapist.

The sessions can be quite tiring therefore please make the most of the time in between sessions to rest.

The Oncology Team Doctors will likely review you on admission and may take the opportunity to take bloods and order imaging if deemed appropriate. This is routine and please do not be alarmed by this.

Where do I stay?

Please attend Oswald Ward, Location 12, on the date and time stated in your letter.

The ward has 10 single rooms all with TV and en-suite facilities. You are not confined to your room, and are welcome to leave the ward between sessions, but please stay on hospital grounds.

Free Wi-Fi is available throughout the trust- please ask your nurse for access.

What happens at the end of the week?

On the day of discharge, your last session will consist of an end of week assessment, which will enable you and your Physiotherapist to evaluate and discuss your progress and achievements over the week. You will also be provided with a home exercise programme, and a plan for moving forward will be set.

What to bring

- Swimwear – no briefs or bikinis please
- Comfortable gym wear – preferably shorts if you have had lower limb surgery
- Appropriate footwear for gym i.e. trainers
- Medications that you take, in the original packaging
- Day clothes
- Nightwear
- Toiletries
- Something to occupy your time, for example: books, magazines, tablets/laptops
- Mobile phone – you are permitted to use your mobile phone providing you adhere to our code of conduct
- Small amount of cash for items from the hospital shop if required

Security of personal property

You are responsible for the security of your personal property. The Trust cannot be held liable for the loss of personal property which has not been entrusted into its care.

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Date of publication: May 2023
Date of review: May 2025
Created by: Geraint Davies and Danielle Birch
© RJAH Trust 2023

**The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Found,
Oswestry, Shropshire SY10 7AG
Tel: 01691 404000
www.rjah.nhs.uk**