

Information for patients

What to expect from your Muscle Team Physiotherapy appointment



The Muscle Team at Oswestry

Your health is important to us

Coming to appointments regularly helps us to keep a close eye on your condition. We are then more likely to notice small changes and can put things in place to help day to day activities.

It is important to come to these appointments to have your say about your wellbeing and for us to make sure the right healthcare teams are involved.

You are always welcome to bring somebody with you to our appointments. Expect appointments to last around 30 minutes.

You will either be seen in location 40 (Children's Outpatient Department) or location 3 (Headley Court). This information will be on your appointment letter.

What may happen in your appointment:

During your clinic appointment you will be seen by a Neuromuscular Physiotherapist who can discuss various parts of your health with you, such as:

General Health – Any recent chest infections, other illnesses or hospital admissions.

Sleep – how well you sleep, if you have difficulty sleeping, and how you feel once you have woken up.

Diet – how well you eat, ability to swallow, and whether you choke on food or drink.

Falls – if you have fallen recently, how this might have happened, and how to best manage risk of falls.

Pain – any pain you may be experiencing, further investigations that may be needed, and plan ways to help.

Other topics that you might want to talk about:

Heart (cardiac) – we may discuss symptoms that could be linked to your heart. This could lead to a referral being made to a heart doctor (Cardiologist) for further investigation.

Breathing (respiratory) – we may discuss symptoms that could be linked to your breathing. This could lead to a referral being made to a Respiratory Consultant.

Equipment – you can discuss the potential for specialist equipment and referrals, if needed, via your Physiotherapist. This could include wheelchairs, walking aids, and other medical devices such as splints.

Referrals – Onward referrals to other health professionals, such as Orthopaedic Surgeons, Orthotists, Occupational Therapists, Community Physiotherapists, Dietitians, Speech and Language Therapists, etc.

Finances – While at your appointment, your Neuromuscular Physiotherapist will be able to discuss any benefits you may be claiming or might be entitled to claim because of your condition. The department also has a Neuromuscular Care Advisor who can help further.

Your Physiotherapist will create an individual plan to meet your needs and monitor you. This can be shared with various health providers who may be involved in your care.

What happens after your appointment?

We will have discussed during the appointment what to expect after you leave. It may be that you will be waiting for a few appointments to be made with other teams e.g. Orthotics, Respiratory, Cardiology. If everything is going well and you have no concerns, we will likely arrange a follow up in a year or so. Or we may book you in for a review with your lead Consultant. This can be arranged within our team.

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

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