

# Information for patients

# Out-patient Service



# Physiotherapy

## Aims of physiotherapy?

There are five main reasons for having physiotherapy:

- To relieve pain
- To improve movement in a part of the body
- To improve strength
- To help recover from injury or an operation
- To restore function

**Routine treatment options may include:**

- Advice and Education
- Individualised tailored exercise program
- Manual therapy
- Posture Correction

## What happens on my first appointment?

You will have a 30 minute initial consultation, this maybe in virtual/ teleconsultation or in person by a male or female physiotherapist. This appointment involves questions about your problem/history, general health and lifestyle, followed by an examination.

It is likely that you will need to undress so that the physiotherapist can examine the affected area.

It is helpful if you can have a list of any tablets or medication that you are currently taking.

At the end of the assessment your physiotherapist will discuss their findings with you and suggest a treatment plan. This may include exercises, manual therapy, and advice and education to help you self-manage your condition.

You will have the opportunity to ask questions and be involved in deciding your treatment plan and goals.

## Exercise and education classes offered by the Physiotherapy Department:

- Back Class
- Shoulder Class
- Lower Limb Class
- Knee Class

## What happens if I am unable to attend?

We would be grateful if you would give at least 24 hours notice as this allows the department to offer the appointment to another patient on our waiting list.

Unfortunately if you fail to attend or inform the department, we will discharge you and inform your doctor.

## How often will I attend?

Your physiotherapist will let you know approximately how often you should attend and over what period of time. We make every effort to negotiate appointment days and times to suit you.

## Chaperone Policy

If you require a chaperone during your treatment sessions please ask a member of staff.

## Physiotherapy Department Working hours:

Monday – Thursday: 08.00 – 17.00

Friday: 8.00 – 16.00

Tel: **01691 404464 / 01691 404545**

## 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](mailto: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](mailto:rjah.pals.office@nhs.net)

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