

## Your Physiotherapist is:

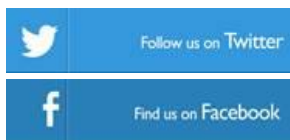
Name:.....

Tel: .....

We encourage feedback about our service. If you would like to make any comments please contact the customer service centre on 01803 219700 or request a patient experience questionnaire.

If you wish to receive a copy of your discharge letter, please inform your Physiotherapist.

Website: [www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk)



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This document can be available in other languages and formats. For more information please speak to your Physiotherapist.

## Community Physiotherapy

..... **Zone**

Hours of service:

Address of Zone:

Customer Service Centre  
Tel: 01803 219700

## What is Physiotherapy?

Physiotherapy helps restore movement and function to as near normal as possible when someone is affected by injury, illness, by development or other disability.

## Who can access Community Physiotherapy?

Community Physiotherapy is for adults aged 18 years and over who require assessment and treatment within their own home, in a care home or other community setting.

## When may Community Physiotherapy be appropriate?

- If you are in too much pain to travel to an outpatient department, for example after a fall or injury.
- If you are having difficulty moving around safely at home.
- If you need mobility re-education following surgery, which is better treated in your own home e.g. after fracturing your hip.
- If you have a condition which makes input in your home environment more appropriate.
- Community Physiotherapists may also see you in out-patient departments or other hospital settings if appropriate to meet your needs.

## What do we do?

- Provide an assessment of your needs and develop a plan of treatment with you to help achieve your goals.
- Work with you to carry out a therapeutic exercise program.
- Provide advice on other interventions that may be helpful.
- We may also advise you on equipment and care needs.
- Provide advice on the management of long term conditions.
- Provide advice on the how to manage reduced balance and the management of falls.
- We can provide advice on gait re-education (walking training).
- With your consent we will also signpost or refer on to other services if required. (Please read our guidance on 'Your Information' with regards to how your information may be shared).

## What else can I expect?

We will discuss all of your needs with you and your family / carer (with your consent), taking into account your views and wishes. We will agree goals and establish a treatment plan to help achieve these.

Community Physiotherapy is free of charge but charges may apply to services which meet your social care needs, for example help with meals or washing and dressing.

## Who do I contact if I have a concern or question?

If you or your family have any concerns, please discuss these with a member of the Physiotherapy team by calling the number on the back of this leaflet or alternatively the customer service number.