

PATIENT INFORMATION

Physiotherapy – First Appointments

If you have back pain and or sciatica type symptoms and suddenly develop or notice a rapid change in 2 more of the following symptoms within the past week attend A&E immediately.

- Loss of feeling or pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine
- Unaware of leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop bowel movement or being unaware of leaking
- Loss of sensation when you pass a bowel motion
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse

First Appointment – Face-to face Consultation**Before the appointment:**

- 24-48 hrs before your appointment if you develop any COVID-19 related symptoms please call the Booking Line number **0300 456 9987** to cancel your appointment or convert it to a telephone appointment.

What you can expect:

- Your physiotherapist will take a detailed history about your problem, how it is impacting on your day to day life and will ask information about your past medical history/medication – so please bring details with you.
- The physiotherapist will ask you to perform some movements or tests to help diagnose your problem – please wear suitable clothing that you can move easily in.

- They will give you advice about how to manage your problem, sign-post you to resources that will help and prescribe exercises relevant to your needs. This information can be posted or emailed to you.
- They will discuss the next steps – this may include a follow up by either telephone or face to face consultation (which would be booked by calling the booking number or on PKB). Your physiotherapist will discuss with you which option is most suitable for you.

**Please ensure that all our staff are treated with respect on the phone lines.
Thank you.**

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.