

## PATIENT INFORMATION

# Information to help you Understand and Manage your Condition While you Wait for Physiotherapy

Please see table below.

For information about different health conditions go to myhealth- devon, then search for the condition or body region you want e.g. arthritis or back pain, or click on the link below:

<https://myhealth-devon.nhs.uk/>



You'll find informatic videos as well as some useful contacts on this site

We have our own **online video resource**. Go to the Torbay and South Devon NHS website and search for Physiotherapy videos or click on the link below:

<http://videos.torbayandsouthdevon.nhs.uk/physiotherapy>

**Videos you may find useful include:**

- How to care for an injury to a joint at home
- Accelerating your recovery after having a leg cast
- What you can do to help yourself
- How to fit your sling
- Hygiene, dressing, sleeping and sitting with your shoulder problem.



For general information about **managing a strain or sprain** go to the NHS UK website and search for sports-injuries or click on the link below:

<https://www.nhs.uk/conditions/sports-injuries/>

For more **sport specific information** go to the CSP website (Chartered Society of Physiotherapy) and search for sports injuries or click on the link below:

<https://www.csp.org.uk/public-patient/sports-injuries>



For our information leaflets go to the Torbay and South Devon NHS website and search for Physiotherapy. This should lead you to an area titled Physiotherapy Leaflet, or you can click on the link below:<https://www.torbayandsouthdevon.nhs.uk/about-us/news-and-publications/information-leaflets/physiotherapy/>

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