

Physiotherapy



Giving patients access to qualified physiotherapists

Physiotherapists help restore movement and function in patients that have been affected by injury, illness or disability. They will do this by delivering exercise plans and supporting patients to be able to safely and independently complete a home exercise programme with verbal prompts/guidance only.

Available from 8am -8pm, Monday –Friday (excluding bank holidays), service options include:

- **Aches and Pains helpline:** Single session 30-minute consultations with a Physiotherapist. The service is designed to help alleviate and prevent suffering from general aches and pains. Patients receive advice, education, signposting and digital exercise plans as appropriate.
- **Physiotherapy service:** A comprehensive service that provides patients with a 30-minute initial assessment, followed by a personalised treatment plan that may include:
 - o Referral to a multi-session virtual treatment programme, delivered by our network of qualified physiotherapists
 - o Self-managed digital exercises
 - o Where appropriate, a referral back to town GP or signposting to appropriate service

Benefits to employers

- Musculoskeletal issues are a significant cause of work absences and can impact on performance and concentration. Employers can support their employees to make a **quick recovery and return to work sooner.**

Benefits to patients

- **Convenient access** to physiotherapists who can help patients with problems affecting the musculoskeletal system - the bones, joints and soft tissue of the body.
- Physiotherapists can also help with mild presentations affecting the neurological and cardiorespiratory system, dependent on the severity of the symptoms.