

Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: www.bartshealth.nhs.uk/pals

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NHS

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Patient information

What is Physiotherapy?

Mile End Hospital

Therapies – Red Zone.

The role of physiotherapy is to provide advice and treatment for a wide range of conditions that affect joints, muscles, ligaments, and tendons.

How can we help?

You will be offered an individual assessment where we will discuss your symptoms and complete a physical examination.

We can then agree a personal treatment plan.



Treatments we offer:

The treatment will vary from person to person, but may include:

- Education and advice
- Home exercise programme
- Group exercise classes
- Hydrotherapy (Exercise in water)
- Manual therapy

What to bring?

With your appointment letter, you will receive a patient questionnaire. Please complete all the pages prior to your first appointment and bring it with you.

If you require an advocate for interpreting or other reason, please let us know when booking your appointment. You may bring a family member or friend to your appointment.

What to wear

The physiotherapist will need to examine the affected area so please wear or bring clothing such as shorts, vest top, a T-shirt, and appropriate footwear to allow this. This will allow us to fully assess your condition.

Your first appointment

You will be assessed at your first appointment. This will involve asking you questions to get a good understanding of your problem, followed by a physical assessment. You may request to see a male or female therapist at the point of booking your appointment.

Important

- ◇ Please arrive on time for your appointment with the completed questionnaire. Allow plenty of travel time, in case of public transport delays and road traffic. Parking at Mile End Hospital is extremely limited.
- ◇ If you are unable to attend your appointment, please contact us to rearrange your appointment on the contact details below. We require 48hrs notice to reschedule your appointment.

If you arrive late for your appointment, you may not be seen and may need to be rebooked.

If you do not attend an appointment or re-arrange more than 2 appointments, you will be discharged from our service.

If you have any concerns, please contact us on the below.

Email: BHNT@bartshealththerapies.nhs.net

Telephone: 020 7377 7872

Self Help

While you wait for your first appointment, we encourage you to look at the following NHS website links for self-help and exercises that may benefit you before we see you.

<https://www.nhs.uk/conditions/back-pain/treatment/>

<https://www.nhs.uk/conditions/neck-pain-and-stiff-neck/>

<https://www.nhs.uk/conditions/shoulder-pain/>

<https://www.nhs.uk/conditions/tennis-elbow/>

<https://www.nhs.uk/conditions/hip-pain/>

<https://www.nhs.uk/conditions/knee-pain/>

<https://www.nhs.uk/conditions/foot-pain/>