



Physiotherapy in Aintree LOSS

Aintree University Hospital **NHS**
NHS Foundation Trust

Physiotherapy Department
Lower Lane
Liverpool L9 7AL
Tel:0151-529-3335

Why do I see a Physiotherapist?

- Increasing your physical activity level is a very important part of your weight management programme
- The physiotherapy team provides you with support to become more active in a safe and enjoyable way

What will I do in my first physiotherapy session?

- The first session is an assessment and will take 40 minutes
- You will have the opportunity to discuss your current activity levels, general health, mobility and issues you have which may currently limit you from being more active
- Your physiotherapist will observe your mobility level using a number of simple activity tests and look at your breathing pattern
- At the end of the session you will be given information about the options available to you from our specialist physiotherapy service

What should you wear?

As mentioned above there is a very small activity element during the assessment.

- Please wear, or bring with you, loose comfortable clothing and flat, full backed shoes

- If you only wear open heeled shoes then please be prepared to remove them if necessary

What Should You Bring?

- Medication: if you use inhalers, GTN spray or any other medication you may need then it is **essential** that you bring this to every session
- If you are Diabetic and suffer from Hypoglycaemia you should bring a small snack as a precaution

Where does it take place?

You are able to see the physiotherapists at the following Aintree LOSS community venues:

- Speke Neighbourhood Health Centre, L24 2SF
- Yew Tree Health Centre, L14 4ED
- Abercromby Health Centre, L7 7HG
- University Hospital Aintree, L9 7AL

Attendance Policy

Ensuring you attend arranged appointments is very important to our service and is closely monitored

- If you do not attend an Aintree LOSS appointment you will receive a letter inviting you to contact the administration team and arrange another appointment

- If you fail to contact us within 3 weeks you will be discharged from the Aintree LOSS service
- If you fail to attend 2 Aintree LOSS appointments consecutively without cancellation you will be discharged from the service

If you need to cancel an Aintree LOSS appointment please contact the Administration Team on 0151-529-3351



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk