



Where we all
make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Clinical Gerontology Outpatient Department Physiotherapy

Therapies Speciality

Why are you attending Physiotherapy?

You have been referred from either:

- The Falls Clinic.
- The Movement Disorder Clinic.
- The ward physiotherapists.
- Your consultant.

What does Physiotherapy aim to do?

- Maximise function e.g. balance, walking.
- Maximise independence with everyday activities.
- Provide you with advice and exercises to enable you to independently manage your condition long-term.
- Provide advice to patients and relatives/carers.
- Refer to other services if appropriate (e.g. Occupational Therapy, Podiatry).

What should you expect when you arrive for your first appointment?

An assessment will take place, which will include:

- Questions regarding your current and previous physical abilities.
- Assessment of range of movement, muscle strength and balance.
- Development of a treatment plan, including setting goals, deciding length of treatment and a home exercise programme.
- Follow-up sessions will be organised if appropriate.

Further sessions may include:

- Review of your home exercise programme.
- Therapy guided sessions in our department.
- If appropriate – referral to specific classes.
- Information on external services (e.g. Liveability).

Transport

Ambulance transportation is available for patients who are unable to make their own way to hospital.

If you wish to book an ambulance, please ring

Tel: 0151 706 4676

Text phone number: 18001 0151 706 4676

Important

If you are unable to attend your appointment, please ring as soon as possible on **Tel: 0151 706 2760 (Monday-Friday 8:30am - 4:30pm)**.

If you do not attend and fail to contact us, you may be discharged in accordance with Trust policy. We understand that there may be occasions when you cannot attend, please inform us if this is the case.

Additional information

- Please wear loose fitting clothes and suitable footwear.
- Please could you bring a list of your current medication, and any inhalers/sprays you may need during the sessions.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Therapy Department

Broadgreen Hospital

Tel: 0151 282 6276

Text phone number 18001 0151 282 6276

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایهن تراسته‌وه په‌سه‌ند کراون، نه‌گمر داوا بکرت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیلی موون و ئه‌لیکترونیکی هه‌یه.

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体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.