

Your Outpatient Physiotherapy Appointment

Before your appointment

Please make sure you have read your appointment letter and have **noted the time** and **hospital site** of your appointment.

Our departments have a strict appointment system so please arrive 10 minutes before your appointment time.

If you arrive late, we may **not** be able to see you and another appointment will have to be arranged.

There is a charge for parking at University Hospital Aintree. It can also be very difficult to find a space, so please allow plenty of time.

What you can expect at your appointment

At your appointment your physiotherapist will carry out an initial assessment – this may last up to 30 minutes.

You may be asked to complete a short questionnaire regarding your symptoms - this is to help us assess the impact of your condition on your life and daily activities.

Your physiotherapist will ask you several questions about your condition. These will include:

- The history of your condition.
- Medication (please bring a list of your current medication with you).
- Past medical history
- Your physiotherapist may carry out a physical examination – you may be asked to get undressed.

Please bring with you a pair of shorts or wear appropriate underwear.

All of these questions will help your physiotherapist to understand what your problem is.

A shared decision making process will follow where you and your physiotherapist will work together to make a decision on your individualised care plan based on clinical evidence that balances risks and expected outcomes with your preferences and values.

After your appointment

There are several management options that may be discussed which include:

- Advice on how to manage your condition at home.
- Starting on a course of individualised physiotherapy.
- Referral to a physiotherapy exercise group and information class specific to your condition.
- Referral to other services if necessary.

Follow-up appointments may last up to 30 minutes. You will normally be seen by the same physiotherapist.

Occasionally we may have to change your physiotherapist - should this happen, your new physiotherapist will be fully informed.

On occasions, student physiotherapists work in the department as an essential part of their training.

They are fully supervised, but if you have any objections to being treated by a student please inform the physiotherapist in charge.

Finishing physiotherapy

There may be several reasons for discontinuing physiotherapy. These include:

- You have successfully reached the goals of the treatment.
- Your symptoms are unlikely to improve further with physiotherapy.
- You have failed to attend your appointments.

Once treatment has finished a report will be sent to the person who referred you. This report will also be kept with your physiotherapy records for future reference.

Important

- Please always report to the reception desk on arrival and departure from the department
- Please inform clerical staff of any change of GP, address or telephone number
- If you are unable to attend your appointment please let us know at least 24 hours in advance so that we can offer your appointment to another patient.
- If you would prefer to see a physiotherapist of the same sex as yourself, please telephone the department before your appointment date.

However, we may have to re-arrange your appointment to a later date to meet this request.

Further Information

If you need to change your appointment or you have any queries about your treatment please ring the department indicated on your appointment letter:

University Hospital Aintree: 0151 529 3335

Burlington House: 0151 529 6759

The St Chads Centre: 0151 244 3034

Mere Lane NHC: 0151 295 9602

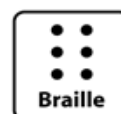
Yew Tree Centre: 0151 296 7900

Ropewalks: 0151 296 7900

For further help/ information, contact:

Therapies Department
0151 529 3335

www.aintreehospitals.nhs.uk



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@liverpoolft.nhs.uk