

# *Central Lancashire PCT Physiotherapy Service*

## *What is Physiotherapy*

*Physiotherapy is a healthcare profession concerned with human function, movement and maximising potential. It uses physical approaches to promote, maintain and restore physical psychological and social well being.*

*Our interventions aim to provide clear explanations and reassurances about the nature of the problem and through a combination of patient education and self help strategies, empower the person to take control of their problem.*

## *What can I expect on my first visit.*

*On your first visit the physiotherapist will sit down with you and discuss the problem followed by a physical examination. Examination findings will then be discussed with you and a treatment plan agreed on. Examples of treatments available include joint mobilizations, manipulation, exercise programmes, postural awareness, ultrasound, rehabilitation, advice and self-help programmes. You should allow **1hour** for you first appointment.*

## *Consent to treatment*

*Following your examination the physiotherapist will explain what she feels is the most appropriate treatment, and agree on a treatment plan with you. If at any time you are not comfortable with your treatment please inform you therapist immediately. The service is staffed my male and female therapists. If you have a problem being seen by a male member of staff please inform the booking staff when arranging your initial appointment.*

*If you wish to may bring one relative or friend with you during treatment sessions. We request that all children up to 18 years of age are accompanied by a parent or guardian.*

## *What shall I wear?*

*Please wear /bring clothing that will easily allow the therapist to see the area to be treated and allow freedom of movement. You may wish to bring a pair of shorts for the assessment of back and lower limb problems.*

## *Referral to Physiotherapy*

*Your doctor must refer you for physiotherapy. You will then be offered a number of different clinics where you can receive treatment. Physiotherapy sessions operate on a Wednesday and Friday mornings, with follow up appointments at Fulwood Clinic on Lytham road. There is no standard duration for a course of physiotherapy.*

## *Unable to attend*

*Please do not agree an appointment if it is not your intention to attend. A patient who fails to attend a booked appointment will be discharged and your GP informed. If you are unable to attend an appointment please contact;*

*Physiotherapy Management Booking Service  
on 01772 325100 to rearrange the appointment as soon as possible.*