

# What is a physiotherapist?

## This leaflet is to help you understand what a physiotherapist does

Information for service users, families, carers and supporters

This leaflet can be read with support to help you understand our service



## What is a physiotherapist?

A physiotherapist is a health worker who helps people who have problems with moving part or all of their body.

## Where will I see the physiotherapist?



- home
- work
- day centre
- hospital or clinic
- sports centre.

# What sorts of things can a physiotherapist help with?

A physiotherapist can help you in many ways:



**Keeping active** - exercises on your own, with the physiotherapist or with other people to help you with a problem or to keep your mind and body healthy.

**Massage** - the physiotherapist will use their hands to massage all or part of your body. It can help to make pain go away, relax you or help you to move better.



**Posture care** - the physiotherapist can help protect your body shape by advising you and your carers in choosing the right chair, sleeping position or wheelchair.



**Help with breathing problems** – a physiotherapist can help if you have breathing problem. With any breathing problem you will need to have been seen by a doctor first.

**Keeping you healthy** - a physiotherapist may advise you to see other health workers at local hospitals or clinics.

**Help with other things** - a physiotherapist can give you information and help on:



- shoes
- walking aids
- posture equipment
- specific moving and handling issues (advice and equipment)
- chairs
- sports and games and where you can do them.

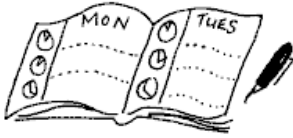


## **How will the physiotherapist do their work?**

The physiotherapist will get to know you and about your problems first.



The physiotherapist will then talk with you, your parents, carers and other workers to agree what needs to be done.



Wherever possible your physiotherapy programme will be fitted into what you already do during the day.

## Your physiotherapist is:



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	you can phone or write yourself
<b>or</b>	you can ask your carer or parent to phone or write for you
<b>or</b>	your doctor can phone or write for you
<b>or</b>	anybody else involved in your care can phone or write for you

## If you are unhappy about our services...



Please tell a member of staff.



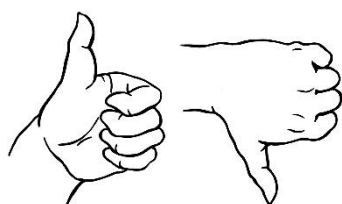
**Freephone** 0800 052 0219 or



**Email** [tewv.pals@nhs.net](mailto:tewv.pals@nhs.net).

## Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

## Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Trustwide

Service users and carers: <https://www.tewv.nhs.uk/services/what-is-a-physiotherapist/>

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