

What is a physiotherapist?

This leaflet is to help you understand what a physiotherapist does

Information for service users, families, carers and supporters. The 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.

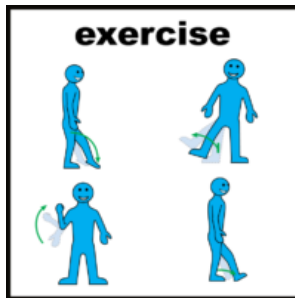
Where will I see the physiotherapist?



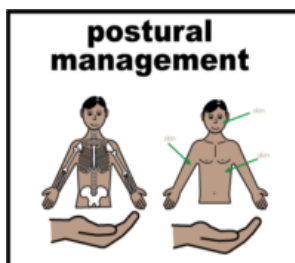
- home
- work
- day centre
- hospital or clinic
- leisure / sports centre.
- community hubs

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.



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 a long-term breathing problem. With any breathing problem you will need to have been seen by a doctor or specialist service first.

Keeping you healthy - a physiotherapist may advise you to see other health workers.

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 more about you and how we can help.

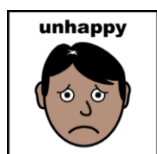
The physiotherapist will talk with you and people who know you well and agree how we can help.



You can contact the physiotherapy team on:



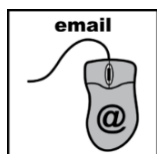
If you are unhappy about our services...



Please tell a member of staff.



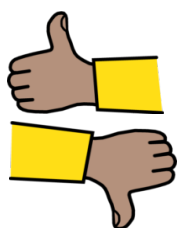
Freephone 0800 052 0219 or



Email 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

Patients and carers: go to our website www.tewv.uk and search what is a physiotherapist

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