Easy read guide to Physiotherapy
How can the physiotherapy team help me?

We can help you if you have a problem walking.

We can help you with exercises to stay mobile and comfortable.

We can help you with equipment.

We can help you to get a wheelchair.

We can help you to sit comfortably or help you to get a special chair.
How can the physiotherapy team help me?

We can help you to lie down comfortably.

We can support you at orthotic appointments.

We can help you with weight control.

We can help with your breathing.
What to expect

Someone from the physiotherapy team will come and see you.

They may ask you some more questions about how you are feeling.

We will look at how you move about, sit down and lay down.

We will come up with a plan on how we can help you.
We might see you

On your own or with your support team.

At home.

At the day centre.

At the hospital.

At the leisure centre.
What we will do.

Provide advice and help in a way that you will understand.

We will show you exercises to help you.
We can show your carer them.

Make sure the support we give is specific to you.

Keep ourselves up to date with information and things we need to know.
What else can we do?

We understand that it can be hard to access services to get help.

We can give you help and advice about other people that can help you.

We can suggest other members of our team that you might like to talk to.

We can help you access community activities and support groups.
We work Monday to Friday from 9am to 5pm.

We can be contacted through your local learning disabilities team.

Problems, complaints and suggestions:
If you think that we could improve our service then please let us know.