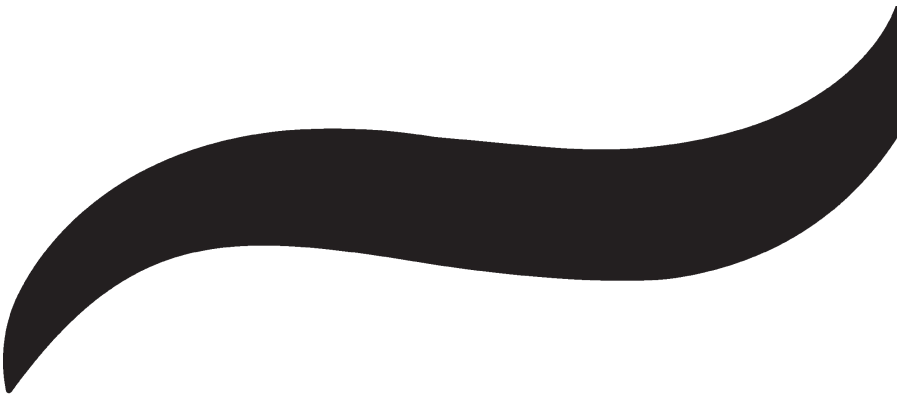




Why have I been referred to Physiotherapy?

Information for patients
Physiotherapy



WHAT DOES A PHYSIOTHERAPIST DO?

A Physiotherapist is a health care professional with a specific interest in pain that affects the muscles, ligaments and tendons, as well as joint problems. Physiotherapists will treat your body as a whole, rather than focusing on individual aspects of an injury or illness.

Some of the main approaches used by physiotherapists include –

- ❖ Education and advice on daily activity, such as posture, correct lifting and carrying techniques, and injury prevention.
- ❖ Advice on movement and physical activity to improve mobility, strength and general health.
- ❖ Expertise in exercise counselling which allows us to advise on ways to increase physical activity.

Our physiotherapist works alongside dietitians, nurses and psychologists within the Lanarkshire Weight Management Service to help you monitor your activity levels and address anything that may stop you becoming more active.

WHY HAVE I BEEN OFFERED A PHYSIOTHERAPY APPOINTMENT?

You may have been offered a Physiotherapy appointment because –

- ❖ At your initial assessment you have mentioned that you have pain that affects the muscles, ligaments and tendons or a health problem which means it's difficult for you to become more active
- ❖ You attended the physical activity sessions and are finding it difficult to complete the sessions due to a specific muscular problem.

WHAT WILL THE APPOINTMENT INVOLVE?

We will ask about your past medical history, and your current mobility levels. We will discuss your previous and present activity levels, anything that's stopping or limiting you to become more physically active, and where possible, check any muscle or joint problems.

The initial assessment will take about an hour (this may be face to face or via near me).

Please bring with you a list of any medications that you are currently taking.

We will help you set and agree on an activity plan for you to follow, preferably alongside the physical activity sessions. This may include walking and home based exercise programmes. We will discuss ways which would help you to overcome any barriers you may have to becoming more active. This may include advising you on the correct level of activity that will work at for you, and how to gradually increase your activity level as you feel able.

We may also ask you to set some short and long term goals to work towards. It would be useful for you to think about what these may be before coming for your initial physiotherapy appointment. You can use the space below to note down any ideas you may have around activity goals, and bring this leaflet along to your appointment.

No matter what your current mobility level is, or how unfit you feel, everyone can make changes to allow them to become more active.

Contact Details

If you have any questions about any of Lanarkshire Weight Management programmes, please contact our team via email:



LWMS@lanarkshire.scot.nhs.uk or leave a message (including your name and contact number) on **01698 754275** and one of our team will get back in touch as soon as possible.

Or scan the QR Code, right, to view our website.

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Enquiry Line: 0300 30 30 243

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www.nhsinform.co.uk
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