

# Physiotherapy



Information for service users,  
relatives and carers

**Easy Read**

**Shining a light on the future**



**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**

## **Introduction**

We are a team of physiotherapists and assistants who are based at Northgate Hospital and Ferndene, Prudhoe.

We provide a physiotherapy service for adults and some children with a learning disability who live in Northumberland.

We also see people in Northgate Hospital and Ferndene, Prudhoe.

## What do we do?



Assessment



Therapy



Advice

## Assessment



Assessment helps physiotherapists to understand what is wrong. We will then work with you to decide the best way to help.

## Therapies



There are lots of ways that physiotherapists can help you. This part of the leaflet tells you about some of them.

## Exercises

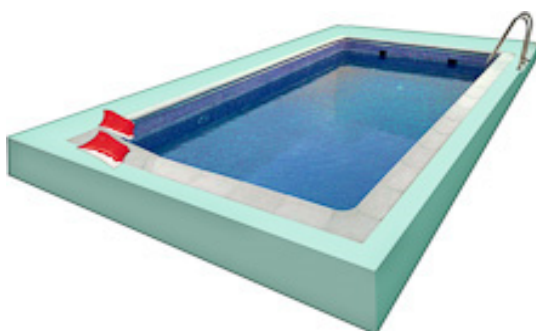
**Exercise programmes:** you may need a special set of exercises to help with your problems.

**Exercise classes:** for groups of people who have similar problems.

**Hydrotherapy:** therapy in water. You may need warm water to help you move.

You may need warm water to help you relax.

**We will use community pools for this.**





**Rebound therapy:** this therapy uses a trampoline.

You may need the bounce of the trampoline to help you move, improve your balance and help you relax.

**We will use sports centre and other community venues for this.**



**Chest therapy:** this may help with breathing problems.



**Electrotherapy:** this uses special machines. This will help if you have injured yourself or have painful joints.



**Orthotics:** An Orthotist provides special shoes, splints and other appliances. Physiotherapists can help if you need to see an Orthotist.





**Walking Aids:** Physiotherapists can assess you for the right kind of walking aid.

You may need a:

- Walking stick
- Walking frame
- Wheeled rollator



**Wheelchairs:** Physiotherapists can help you to get the right type of wheelchair. We can:

- Give advice
- Provide a standard wheelchair
- Support people at a special seating clinic

## Advice



As well as giving advice on orthotics, wheelchairs and walking aids physiotherapists can also give advice on:

- Moving and handling
- The benefits of exercise and healthy lifestyle
- Positioning and posture management
- Pressure care
- How staff/family/other professionals can best support you.

## Who can we help?

We can help you if:

- you have had an accident or injury.
- you are recovering after illness.
- you need help to stay active and independent.
- you have difficulty moving due to stiff joints or weak muscles.
- you have problems with balance and are at risk of falling.
- you need help with postural management because you have little active movement and are unable to change your position by yourself.



## How often will I need to see a physiotherapist?

In some cases you may only need to see a physiotherapist once or twice but some people may need to be seen many times.

## How can I find a physiotherapist?



- Your doctor can refer you.
- Your care manager or community nurse can contact the physiotherapy department.
- You, or someone acting on your behalf can contact the physiotherapy department.
- You may be referred to the physiotherapy department at your local hospital.

Sometimes the physiotherapist at your local hospital may feel they need advice from the Learning Disability Physiotherapy Team. We will work together to make sure you get the best care.

## Where can we see you?

The physiotherapy teams who are based at Northgate and Ferndene can see you in:

- Your own home
- School/college
- Residential homes
- Nursing homes
- Day Services
- Physiotherapy Department



## **We can be contacted at:**

Physiotherapy Department  
Northgate Hospital  
Morpeth  
Northumberland  
NE61 3BP  
Tel: 01670 394 260

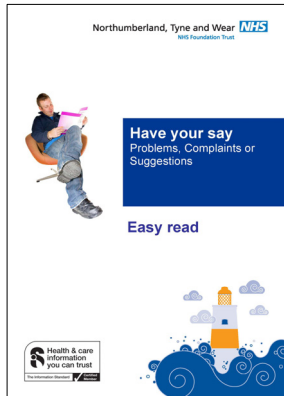
or

Physiotherapy Department  
Ferndene  
Prudhoe  
Northumberland  
NE42 5PB  
Tel: 01661 838 446



We work Monday to Friday from  
8.30am to 4.30pm

## Problems, complaints or suggestions



Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.





Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

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