

Physiotherapy



Patient information leaflet
Easy read

A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

What is the role of a Learning Disability Physiotherapist?

There is a video which tells you what a physiotherapist does.



To watch the video:

- Open your phone camera.
- Point it at this square.



- Click the link.

How can a physiotherapist help you?



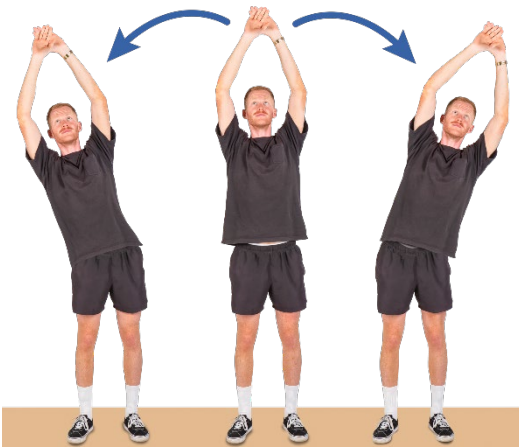
Posture (the way you sit, stand and lie down)

We can look at protecting your posture which may involve referral for specialist equipment including wheelchairs, comfy chairs, footwear and sleep systems.



Movement and function

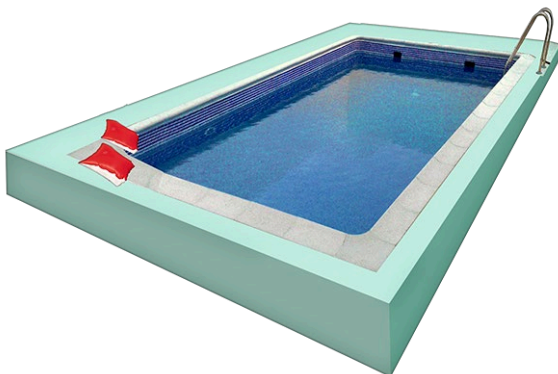
A physiotherapist can help improve movement and function.



We may give you advice and exercises.



We may also provide you with a walking aid.



We may recommend a pool treatment session.



We may also work with other health care professionals such as community nurses or speech and language therapists. This is so we can all work together to support you in the best way.



We may work with you at home.



Or in the community e.g. at colleges and/or day centres.

How to contact us

Please contact us if you feel you need support from one of our Physiotherapy Teams. To know who to call, you should contact the team connected to your doctor's surgery. For example, Susie's doctor is in Gateshead so she will call the Gateshead team.

☐ Cumbria Community Learning Disability Team



Tel: 0122 860 3189



Email:

cmb-NorthCumbriaAdultsLD@cntw.nhs.uk

☐ Gateshead Community Learning Disability Team



Tel: 0191 478 0650



Email: gatesheadLD@cntw.nhs.uk

☐ **Newcastle Community Learning Disability Team**



Tel: 0191 210 6868



Email: CTLDAdmin@cntw.nhs.uk

☐ **Northumberland and North Tyneside Learning Disability Team**



Tel: 01670 844 799



Email: NorthumberlandLDCTT@cntw.nhs.uk

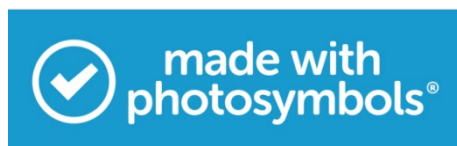
☐ **Sunderland Community Learning Disability Team**



Tel: 0800 652 2867



Email: IRS@cntw.nhs.uk



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

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 246 7288

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