

# All I need to know before my appointment



## **What is physiotherapy?**

Physiotherapy helps restore movement and function when someone is affected by injury, illness or disability. We help facilitate your recovery to achieve your personal goals.

We do this through a combination of movement, activity and exercise, and provide you with information and advice to help you understand your problem and how best to manage it.

## **Why have I been referred?**

You have been referred to physiotherapy by your doctor or other health care professional eg. a nurse from minor injuries because you are experiencing problems with your joints or soft tissue.

For example you may have back, knee or shoulder pain or you may have sprained a ligament, muscle or tendon.

# Physiotherapy is based on you and your personal circumstances as well as the best available evidence

This means we tend not to focus on hands on treatments such as massage and manipulation because research shows they only give short term relief.

Instead we focus on helping you help yourself.

But don't worry your physiotherapist will explain what treatment options are best for you.

## What will happen during my 1st appointment?

**Your physiotherapist will go through the 'About me' questionnaire with you, that you should have received and completed before your appointment.**

They will listen to you and check they have all the information they need.

Parts of this process may seem repetitive to you, but it is important your physiotherapist has up to date information so they can make safe decisions about your care.

Your physiotherapist may then examine you and look at how you move.



They will provide you with support and reassurance and ensure you understand what might be causing your symptoms.

You and your physiotherapist will then develop a personal treatment plan together.

This will include advice, information and exercises or activities relevant to your needs.

They may direct you to other resources relevant to you and your wider general health needs.

A review appointment will be made for you if appropriate.



## What if I can't attend my appointment?

Please give us as much notice as possible if you are unable to attend or no longer require treatment via the contact details ..

We can then arrange an alternative appointment for you if required and offer your cancelled appointment to someone else.



**Helpful information while you wait for your appointment can be found at: [www.sheffieldachesandpains.com](http://www.sheffieldachesandpains.com)**

## How often will I need to come?

**This varies and depends on each individual and their specific problem.**

- Physiotherapy is usually not a quick fix.
- It relies on you carrying out the advice and activities that you and your physiotherapist have agreed on.
- If a review appointment is needed, this will take place around 2-8 weeks after your initial assessment.
- You may attend between 2-6 appointments but this may vary depending on your personal situation.
- We do offer some group classes that may run more frequently but these aren't suitable for everyone. Your physiotherapist will advise which of our treatment settings is most appropriate for you.

## Will I have physiotherapy until I am fully recovered?

- Often people are not 100% recovered by the time they are discharged from physiotherapy.
- We aim to equip you with all the information you need to feel confident to continue to manage your problem in the future.

**Please note:  
Most physiotherapists cannot request images such as X-rays, ultrasound scans and MRI's. This is done at a more specialist level.**

## How long will it take for me to be seen

**Our average waiting times are:  
The Northern General Hospital and Royal Hallamshire Hospital acute MSK therapy services 2-4 weeks.**

**Physioworks community MSK therapy services 6-12 weeks.**

## How long will the appointment last?

**Your initial appointment will last between 30-45 minutes.**

**Subsequent appointments last between 20-30 minutes.**

We always strive to see you on time.

Please be aware your physiotherapist will need to spend time checking your medical notes, relevant reports, xrays, scans or other tests before they see you.

They also have to write a record of each consultation, so sometimes they may run a little late.

## What should I wear?

Please wear comfortable clothing that you can move around in and can be easily rolled up if required.

If you are seeing us for your back, hip or knee you may want to bring some shorts to change into.

If you are seeing us for your neck, shoulder or elbow you may want to wear a vest top.

# About our services

## Therapy Services Outpatients

Northern General Hospital

**Location:** North Lane. The Northern General Hospital. S5 7AU

**Number of staff:** 32 (includes physiotherapists, extended role physiotherapists (ESP's) and therapy assistants)

**What we treat:** Any bone, joint, muscle or soft tissue problem. Including post orthopaedic surgery, fractures and lower limb reconstruction.

**Who do we accept referrals from:**

Orthopaedic consultants, A&E and minor injuries unit.

**Facilities:** Individual consultation rooms, dedicated gymnasium with a comprehensive range of exercise equipment and hydrotherapy pool for individual patients and group activities. NB: not all facilities will be available to everyone.

**Contact details:**

Tel: 0114 2715799 / 2266457

Email: [sth.tsopd@nhs.net](mailto:sth.tsopd@nhs.net)

If you do not speak English or have a disability that affects your ability to communicate please let us know or ask a friend or relative to.

They can also access all the information here.  
[www.sth.nhs.uk/patients/interpreters](http://www.sth.nhs.uk/patients/interpreters)

