

## Patient feedback

“My physiotherapist and occupational therapist have both helped me to keep as independent and mobile as possible.”

## From a patient's wife

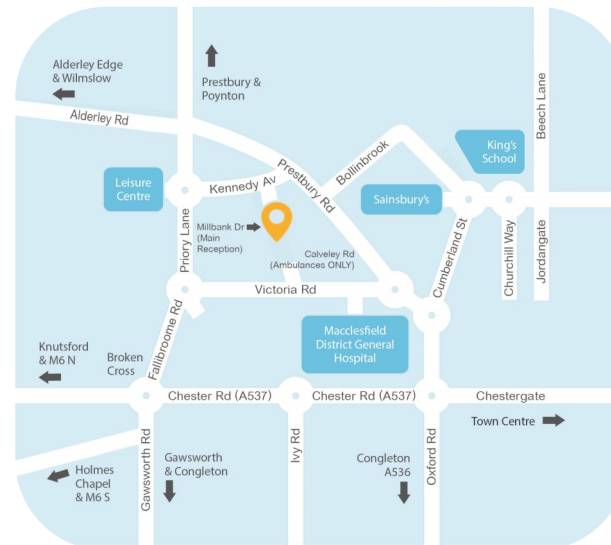
“You helped him feel in control again.”



**East Cheshire Hospice**  
Where people come to live



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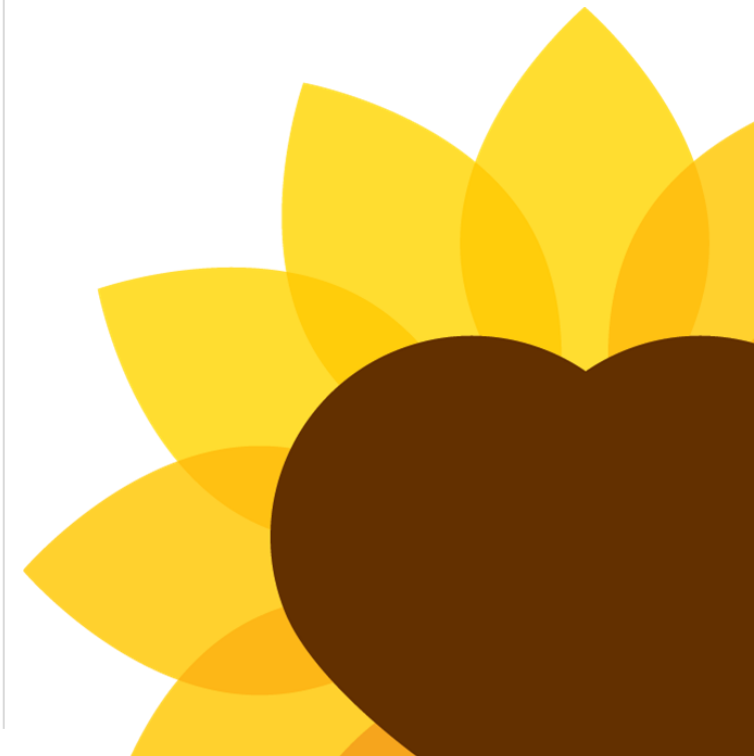
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## Physiotherapy

Information for  
patients & carers



## Physiotherapy

Physiotherapists can help with range of problems and symptoms, including weakness, fatigue, breathlessness, poor mobility, pain, stiffness, soft tissue or muscle problems. Physiotherapists help patients to maintain or improve their function and independence, and will also offer strategies or carry out 'hands on' treatments to help control symptoms.

## What will my session involve?

At your first visit, with your consent, your physiotherapist will assess you and discuss your particular difficulties and goals. As a result of this discussion, a treatment plan will be agreed. This could include advice about coping with fatigue, breathing techniques to help with breathlessness, exercises, walking practise or provision of equipment to help you improve your strength, mobility and independence.

Treatment could also be 'hands on' in terms of massage, soft tissue stretches or passive movements if you have difficulty moving your limbs. Treatments such as heat, cold, TENS or acupuncture may be offered for pain or other symptoms.

## How do I get to see a physiotherapist?

If you are admitted to the ward or start to attend the Sunflower Centre for day care, a physiotherapist will automatically come to see you, though this may not be on the first day. For patients attending the Living Well programme, there is an appointment system in the afternoon, where you can request to see a physiotherapist. For patients wishing to attend as an outpatient only for physiotherapy, a Hospice referral needs to be completed by a health professional. For patients needing physiotherapy in their own home a referral can be made to the Community Palliative Care Physiotherapist.

## Where will I be seen?

Most inpatients will be seen on the ward but may also go to the gym in the Sunflower Centre to do exercises, use the equipment or practise steps.

Patients attending the Sunflower Centre will either be seen in the physiotherapy room or in the gym, or may choose to join in with an exercise group eg 'Sit and Get Fit' or Tai Chi in the main part of the unit. Outpatients will attend the Sunflower Centre.

