



PHYSIOTHERAPY AND WHAT TO EXPECT

Your first appointment will start with an Initial Assessment. The Physiotherapist may complete several physical tests with you during the assessment to provide a diagnosis and treatment plan.



Physiotherapy is often a hands-on treatment incorporating education and exercises. It is dealing with joint and muscle problems so your physiotherapist may need you to partly undress so that you can be examined. Please ensure you wear suitable clothing, so you feel as comfortable as possible. For example, if you have neck and shoulder pain, you may be asked to undress to your waist, so females should wear a suitable bra/vest top. For knee and lower leg pain, it may be advisable to wear shorts. It is important that you are comfortable but also important that the physiotherapist can see the area well.



The best type of clothing to wear to your physiotherapy appointment is comfortable, loose clothing that doesn't restrict movement and allows access to your specific injury or pain problem. Your clothing shouldn't limit your ability to move your shoulders, knees, hips, and spine so that your physiotherapist can get a better idea of your full range of motion.



If you are feeling particularly anxious or nervous about your physiotherapy session or have a condition which means you may feel like that during your session, please do make your clinician aware of it. This will ensure they can make the session as comfortable for you as possible.



It is also important to give your physiotherapist feedback during any session on how the treatment is feeling. This will assist the physiotherapist with your treatment.



All patients under 16 must be accompanied by an adult as a chaperone. This is a legal requirement. Some adults may also feel more comfortable with someone else present with them and it is totally fine to be accompanied.



You may feel a little sore after the assessment and tender after the treatment, but you should discuss it with your physiotherapist if the pain is more than mild.

REHABILITATION. REDEFINED.

If you have any questions about your initial assessment or treatment plan, please get in touch by calling **01204 478 350** or emailing **mytreatment@3drehab.co.uk**

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