WHAT IS PHYSIOTHERAPY?

INFORMATION FOR YOU

0330 555 6789 option 2
nhft.nhs.uk/physiotherapy
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Physiotherapy is a profession which aims to promote, restore and maintain an individual's physical function and wellbeing. It is specific to each individual and uses a variety of treatments to help people improve their function, return to their activities and improve and maintain their quality of life. Physiotherapists are independent practitioners who have their own set of skills and specialist knowledge.

WHAT ARE THE REASONS FOR HAVING PHYSIOTHERAPY?

You may have been referred to have physiotherapy because you are experiencing pain, reduced range of movement or functional limitations. This could be limitations to your everyday activities, such as getting dressed or walking, as well as limitations in your hobbies and pastimes, such as playing a sport or going to the gym. You may also be referred following an injury or an operation.

WHAT DOES THE PHYSIOTHERAPY SESSION INVOLVE?

Your first session of physiotherapy will be an assessment. The physiotherapist will ask you a number of questions about your problem and your general health. These questions are very important in order to ensure you receive the correct diagnosis and treatment. They may then ask you to undress for them to undertake a physical examination. After the physical examination the physiotherapist will advise and educate you on the problems they have identified and the possible cause of your symptoms. They will then create a treatment plan for you, with you, that has the primary aim of achieving your individualised goals.

WHAT ARE THE TECHNIQUES USED IN PHYSIOTHERAPY TREATMENT?

Physiotherapy treatment is much more than just massage. Treatments include exercise therapy, movement re-education, education, manipulation of soft tissue or joints, massage and acupuncture. Each
physiotherapist will choose the most appropriate treatment for you, with you, based on the best and most recent clinical evidence alongside their own clinical experience.

**DOES EVERY PATIENT NEED HANDS ON TREATMENT?**

No, each patient is different therefore will need an individualised treatment approach. We do, as physiotherapists, use hands on treatments such as mobilisation, manipulation, massage and acupuncture, but this is normally alongside exercise therapy. However not all patients will need hands on treatment. In some cases it may not be appropriate or required.

**WHAT ARE THE BENEFITS OF PHYSIOTHERAPY?**

There is research evidence to support the effectiveness of physiotherapy in improving physical outcomes and quality of life for patients with a variety of conditions such as shoulder, knee, elbow and ankle, spinal and lower back pain. Physiotherapy can benefit you by improving your ability to manage and improve your condition, as well as advising on injury prevention strategies. Physiotherapy is recommended in the national clinical guidelines for a wide range of physical conditions.