

Physiotherapy Department
Patient Information Leaflet

Rheumatology Physiotherapy



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Kiarail Vannin

Your Rheumatologist has referred you to the Rheumatology Physiotherapist.

Shortly you will receive a letter inviting you contact the booking line to book an appointment with the Rheumatology Physiotherapist.

The letter will give you 4 weeks to book the appointment. If for any reason you need to delay booking an appointment, please contact the Rheumatology Physiotherapy booking line (642873) to advise them to keep your referral open a bit longer to give you the opportunity to make an appointment when it is convenient for you.

However, if you have not contacted the booking line within the 4 weeks you will be discharged from the Rheumatology Physiotherapy service. You will receive a letter in the post advising you of this.

What to expect

Enclosed in the letter will be forms for you to fill out. Please fill these out and bring them with you to your first appointment.

It is important that you fill the forms in as it is part of the physiotherapist's assessment of you.

Contact details

Physiotherapy Department
Central Community Health Centre
Westmoreland Road
Douglas, IM1 4HQ

Rheumatology booking line: (01624) 642873
Monday - Friday 08:00 - 15:00

Your first appointment

The physiotherapist will take a detailed history of your condition up to now.

The physiotherapist will do a physical assessment of you and will devise a rehabilitation plan. The physiotherapist will agree goals with you that you would like to achieve through your rehabilitation.

The physiotherapist will agree any further follow up sessions with you.

How will physiotherapy help you?

The role of physiotherapy in treating rheumatological conditions, is to enable you to do the tasks you need to do on a daily basis and to achieve the goals you want to attain through exercise, other relevant therapeutic equipment, or other complimentary services.

It is about giving you the tools to manage your condition.

What to bring to your appointment

Please make sure you have the forms you have filled out and a list of your medications.

What to wear

Loose fitting clothing such as baggy trousers, shorts or a loose fitting skirt for the lower limb assessment and a T-shirt, shirt or spaghetti strapped T-shirt for your upper body, so the area to be looked at by the physiotherapist can be exposed.

Where will the appointment take place?

Your physiotherapy appointment will take place either at the Day Assessment Unit (DATU) at Noble's Hospital where you saw the rheumatologist, which is located near the Emergency Department and Palatine GP Surgery, adjacent to the old ward 20 (Day Assessment and Treatment Unit).

Or at the Central Community Health Centre on Westmoreland Road, Douglas.

You will discuss and agree the location of your appointment with the call operator on the booking line.

We look forward to seeing you at your physiotherapy appointment.

Feedback

We welcome your feedback about our service. You can give us your feedback by scanning the QR code and completing the Friends and Family Testing Survey.



This document can be provided in large print on request.

Physiotherapy Department
Central Community Health Centre
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