

Community Learning Disability Physiotherapy Team



Some people will need someone to help them to go through this information so that they understand it. This person may be a member of staff, someone from your family or a friend.



Our Physiotherapists can help you with:

- lying down, sitting up, moving around and walking safely
- getting better after an injury, surgery, illness, or a new health problem
- looking at how you sit or stand if you need extra help with your body or movement

At your appointment



When we meet you we will say:

- what our name is
- what our job is

We will ask you questions about:



- how you move
- if you need help to move



- if you need equipment to help you:
 - walk or move
 - sleep, sit or lie down



- if you have fallen over recently

We will ask if we can:



- see you lying down and sitting in a chair



- see how well you can move your arms and legs

We can give you information about:



- walking equipment



- how you lie down



- how you sit



Hip Circles

- balance and exercise

Working with you



We will work with other people to support you.

This could include your:

- doctor
- hospital
- social worker
- carer
- family/friends



We will write a care plan together about how to support you.

You can decide who helps to write your care plan.

We will make sure you get a copy of this.



If you are already working with physiotherapy we will tell you how you can get in touch with us.

If you are waiting to work with us and you have a question, you can contact us:

LD Access Team

Tel: 0116 295 4528

Email: lpt.ldaccess@nhs.net