

Physiotherapy



Patient Information Leaflet Easy Read

If you need support to read this leaflet



A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

Sunderland Action For Health website



Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets, health action plans and appointment letters.



www.sunderlandactionforhealth.co.uk

A physiotherapist can help you with your **posture** and your **movement**.



Posture

We will look at protecting your posture which may involve referral for specialist equipment including wheelchairs, seating, orthotics and sleep systems.



Movement/function

A physiotherapist can help improve movement and function. They may give you advice and exercises. They may also provide you with a walking aid.



We may recommend specific treatment sessions such as hydrotherapy.

We will advise and support your carers to assist you in your everyday life.



We may also work with other health care professionals such as community nurses or speech and language therapists. This is so we can all work together to support you in the best way.



We may work with you at home or in the community e.g. at colleges and/or day centres.

How to contact us

Please contact us if you feel you need support from our Physiotherapy Team.

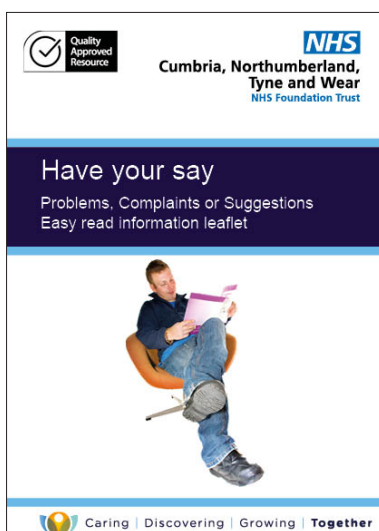
Phone our Initial Response Service:



0303 123 1145

Our services are based at Community Treatment Team Learning Disabilities, Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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