COMMUNITY PHYSIOTHERAPY SERVICE FOR ADULTS

Information Leaflet
What is physiotherapy?
We are a Community Physiotherapy Service. We visit people who require a physiotherapy assessment at home. This includes nursing and residential homes. We cover the Tameside and Glossop area.
Physiotherapists deal with a range of problems and disorders of movement, posture and breathing. Exercise is the main form of treatment. We often teach patients how to do a programme of exercises at home. We provide education to patients, family members and carers who are living with long term conditions.

What can you expect from the community physiotherapy service?
We will arrange an appointment time with you. Sometimes we may need to cancel your appointment. We will contact you as soon as possible. A new appointment will be arranged.
The physiotherapist will spend time with you gathering information. A treatment plan will then be made. This plan will be relevant to your needs. It will be discussed and agreed with you. The treatment plan will be reviewed regularly. All information gathered during treatment will be shared with you. If you have any concerns regarding your treatment please inform your physiotherapist as soon as possible.

You may be asked to remove some clothing in order to receive assessment or treatment. Another adult can be present during your treatment and assessment.

You may be treated by a student, whose work will be overseen by a qualified physiotherapist. You have the right to decline treatment by a student. Please inform your physiotherapist if this is the case.

We will ask your permission before discussing your details with other health professionals e.g. doctor, nurse, social services etc.

You have the right to decline treatment and assessment.

Please do not smoke when the physiotherapist is in your home. Please try not to smoke for about an hour before your appointment.

If you need an interpreter please contact the physiotherapist as soon as possible. Children cannot be used as interpreters. Family members should not be used as interpreters.
Team Members

**Physiotherapists:**
Physiotherapists plan and carry out treatment. They offer advice and education about your condition.

**Occupational Therapist (OT):**
The OT will look at how you function day to day. She can provide aids and adaptations to maintain your independence. She also can offer advice and education about your condition.

**Technical Instructors:** Technical Instructors assess for and provide walking aids. They carry out physiotherapy treatments following a plan decided by the physiotherapist. They also provide after care to patients who have had hip or knee replacements.

Contact us

Crickets lane Clinic  
Crickets Lane  
Ashton under Lyne  
OL6 6NG  
Tel No: 0161 366 2312  
Fax: 0161 366 2387

Comments about the services we provide are always welcome.

If you would like to make any suggestions or complaints please contact our Patient & Customer Services:

Tel: 0161 419 5678  
Fax: 0161 419 5296  
Email: pcs@stockport.nhs.uk  
Website: www.stockport.nhs.uk
If you would like this leaflet in a different format, for example, in large print, or on audiotape, or for people with learning disabilities, please contact:

Patient and Customer Services, Poplar Suite, Stepping Hill Hospital. Tel: 0161 419 5678

Information Leaflet. Email: PCS@stockport.nhs.uk.

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<thead>
<tr>
<th>Language</th>
<th>Information</th>
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<tbody>
<tr>
<td>English</td>
<td>A free interpreting Service is available if you need help with this information. Please telephone the Lips Service on 0161 922 5149 or E-mail: <a href="mailto:tam-pct.lips@nhs.net">tam-pct.lips@nhs.net</a></td>
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<tr>
<td>Arabic</td>
<td>هناك خدمة مجانية للمترجمين متاحة إذا أردت مساعدة بخصوص هذه المعلومات. الرجاء الاتصال بخدماتーム.</td>
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<tr>
<td>Bengali</td>
<td>এই ভাবে মুক্ত হয়ে এই সারং এর প্লেটফর্মে দেখা হয়ে আসান্তকে সাহায্য করে সাহায্য করা। যা করে লিরুজ সার্কিটে টেলিফন করা 0161 922 5149 এই নম্বর অথবা যে চিনা করা:</td>
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<td>Chinese</td>
<td>如果你需要幫助来破解這份資料的內容，我們可以提供免費的翻譯服務。請致電0161 922 5149，聯絡語言翻譯及病人支持服務（LIPS），電子郵件：<a href="mailto:tam-pct.LIPS@nhs.net">tam-pct.LIPS@nhs.net</a></td>
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<td>Farsi</td>
<td>گر بای افراد این اطلاعات به کمک احتیاج دارید می توانید از خدمات ترجمه بصورت مجاني استفاده</td>
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<td>Polish</td>
<td>Bezplatna Serwis tłumaczenia jest dostępny, jeśli potrzebujesz pomocy z tej informacją. Proszę zadzwonić do Obsługi usta na 0161 922 5149 lub E-mail: tam-pct.LIPS @ nhs.net</td>
</tr>
<tr>
<td>Urdu</td>
<td>LIPS: <a href="mailto:tam-pct.LIPS@nhs.net">tam-pct.LIPS@nhs.net</a>: 0161 922 5149</td>
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Our smoke free policy
Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more.

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www.stockport.nhs.uk Physiotherapy | Tameside and Glossop