



The Adult Community Physiotherapy service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1b Knoll Rise
Orpington BR6 0JA

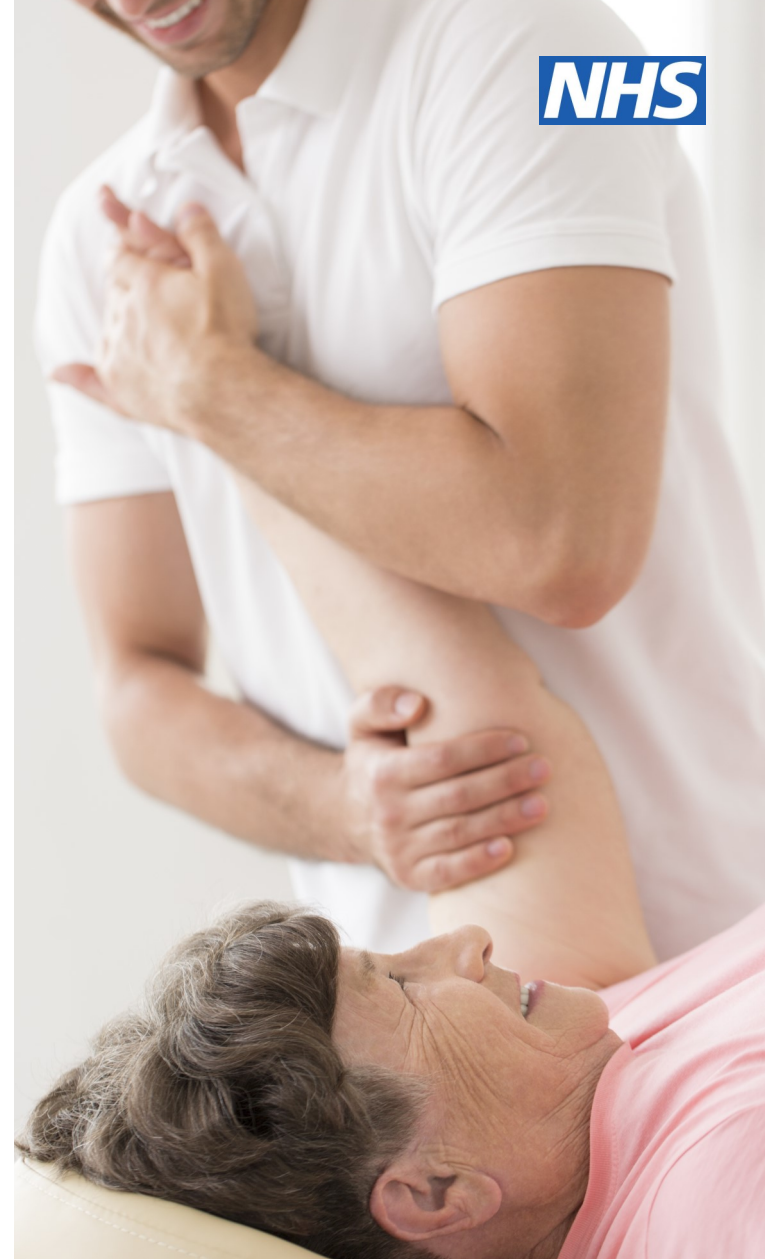
020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Central Court, 1b Knoll Rise, Orpington BR6 0JA

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**Adult Community
Physiotherapy**
Provided by Bromley Healthcare

Adult Community Physiotherapy Service:

0300 330 5777

bromh.cccpod3@nhs.net

**Helping you to recover or
move more easily after
illness, injury or accidents**

Who we are

We are a physiotherapy service that provides treatment for adults registered with a Bromley GP.

The Community Physiotherapy team consists of physiotherapists and rehabilitation technicians with specialist knowledge and expertise in community rehabilitation who provide physiotherapy to people who are housebound or who are best treated in their home environment or care home.

We are part of an Integrated Care Team who work closely with the GPs and includes Occupational Therapists, District Nurses and other Healthcare Professionals, to give you the care you need.

What we do

We offer assessment, advice and provide therapy for people with a range of physical problems such as fractures, immobility, arthritis, falls, joint replacements, chest conditions.

We will work with you, your carers and your family and aim to promote independence, increase confidence and improve quality of life.

What treatment will I receive?

We will visit you and complete an assessment to understand your needs and expectations and make a treatment plan. Following this assessment, your physiotherapist may offer one or more of the following:

- An individualised home exercise programme
- Support on how to manage your condition
- Advice on falls prevention
- Recommendations regarding suitable equipment
- Provision of appropriate walking aids
- Pain management

Where appropriate, referrals may be made to other services that may be of help to you, such as Occupational Therapy, Falls and Fracture Prevention, Wheelchair and Special Seating.

What do I need to do?

In order to achieve the best results we need you to participate in treatment sessions, and in between our visits, to continue with the advice and exercises as directed by your physiotherapist.

Discharge

You will be discharged from our service when you have achieved your goals, or when the physiotherapist recognises that physiotherapy is no longer helping.

You may be referred on to the Outpatient Physiotherapy Service.

It will be important for you to continue with your self-management advice on discharge to ensure you maintain your maximum level of independence and function.