

You may be referred onto the Out Patient 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.

Adult Community Physiotherapy Department:

0300 330 5777

bromh.cccpod3@nhs.net

**Bromley
Healthcare**
better together

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
1 Knoll Rise
Orpington BR6 0JA

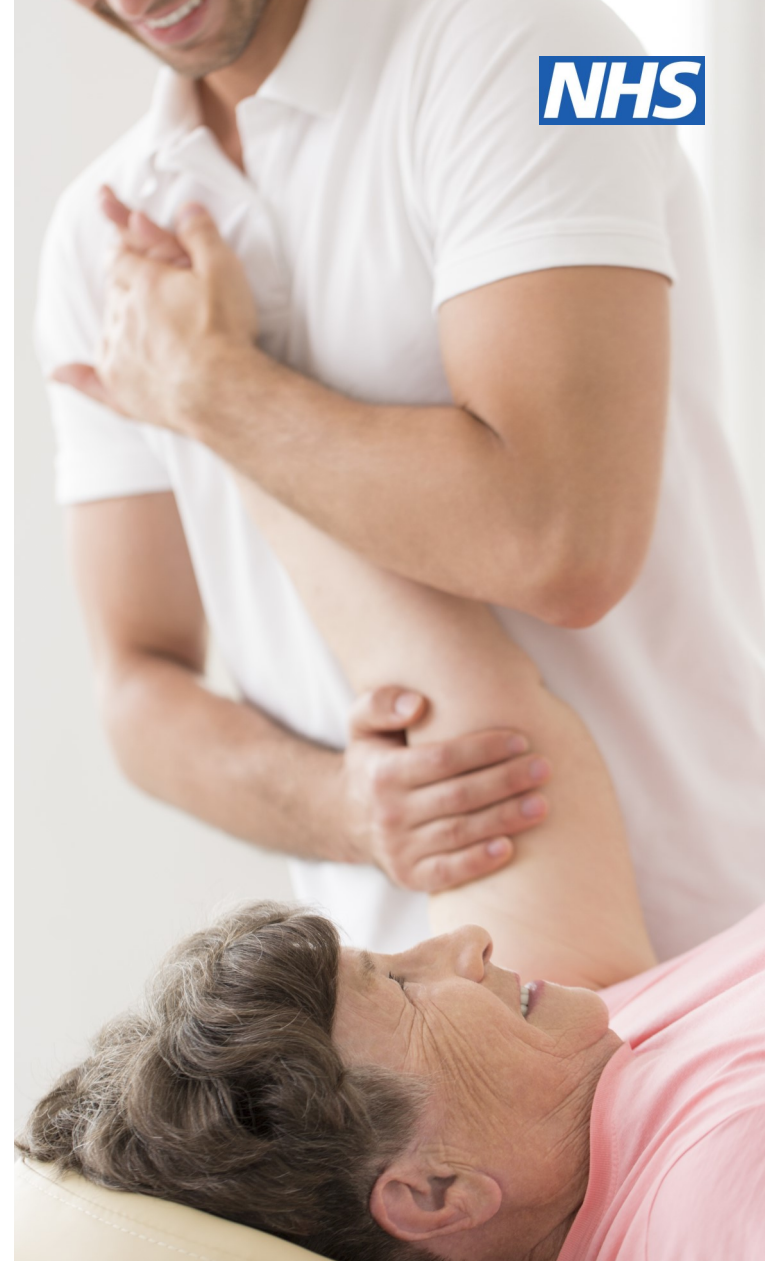
020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

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

BHCACP0121



**Adult Community
Physiotherapy**
Provided by Bromley Healthcare

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 team provides Physiotherapy to people who are housebound or who are best treated in their home environment or Care Home.

The team consists of physiotherapists and rehabilitation technicians with specialist knowledge and expertise in community rehabilitation.

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.

You will initially be offered a telephone consultation. This can be with a family member or friend if preferred, and will take about 30 minutes. This telephone assessment is for us to understand your needs and expectations, and plan a new treatment.

What treatment will I receive?

After your telephone assessment your physiotherapist may offer:

- A review telephone consultation or a home visit
- 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

Referrals will be made as appropriate, to our other services such as Occupational Therapists, Falls team, wheelchair clinic, that may be of help to you.

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.