



Southern Health
and Social Care Trust

Quality Care - for you, with you



Physiotherapy

Adult Disability Transition Team



What a Physiotherapist does



A Physiotherapist can help you to walk safely and reduce the risk of falling



A Physiotherapist can show you exercises that will help your posture, keep you strong and reduce pain



A Physiotherapist can give advice on 24 hour postural management to prevent contractures and keep your joints and muscles from getting stiff or tight



A Physiotherapist can provide chest treatment to help your breathing or treat a chest infection



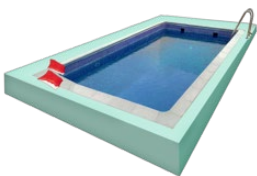
What a Physiotherapist does



A Physiotherapist will tell your carers and staff how to move you safely.



A Physiotherapist will help you choose the best type of exercise for you to stay healthy.



A Physiotherapist may use the Hydrotherapy pool or a trampoline with you as part of your physiotherapy.



The Physiotherapist may make an appointment at the hospital if you need special equipment or shoes.



Places a Physiotherapist works



Your school



Your home



Day Centre



The Hydrotherapy pool in the Hospital
Physiotherapy Department



Ways you can meet a Physiotherapist



You can talk to your family.



You can talk to your Case Manager.



You can phone The Physiotherapist team.
The number is 02837564476