

# Rochdale Musculoskeletal Physiotherapy

An information guide



# **Rochdale Musculoskeletal Physiotherapy**

Physiotherapists treat people of all ages with physical problems caused by accidents, illnesses and aging.

The term musculoskeletal refers to:

- Muscles
- Bones
- Joints
- Nerves
- Tendons
- Ligaments
- Cartilage
- Spinal Discs

## **What does our Service do?**

The Musculoskeletal Physiotherapy Service for Rochdale operates at Rochdale Infirmary providing outpatient physiotherapy for patients presenting with conditions related to any of the above.

With your consent your physiotherapist will carry out an assessment and examination of your problem and then make a treatment plan for you.

Depending on your condition, Physiotherapy can involve a number of different treatment approaches to assist you in restoring movement and strength, manage pain and improve function.

## **Who will I be seen by?**

You will usually be seen by the same Physiotherapist each time you attend.

We are a teaching hospital and students work under close supervision of a Senior Physiotherapist. If you do not wish to be seen by a student please let us know.

## **How long will my appointment last?**

Your initial appointment will last approximately 40 Minutes.

## **What should I wear?**

Please wear loose and comfortable clothing.

The Physiotherapist may ask you to undress to your underwear to examine you.

If you have a leg or back problem please bring shorts or wear loose fitting clothing.

## **What questions will the Physiotherapist ask?**

You will be asked a number of questions about your current condition. These may include:

- The history of your condition
- Activities that affect your pain
- Medication
- Medical History
- Your occupation, hobbies or interests and how they are affected

You may also be asked general questions about your physical and mental health and wellbeing e.g. in relation to your weight and how physically active you.

## **What might my treatment involve?**

Following your initial assessment your physiotherapist will discuss a treatment plan with you. This will usually include:

- An exercise programme for you to follow at home.
- If indicated may include manual therapy to restore movement in stiff and painful joints.
- Information and advice on how to access physical activity and exercise sessions within your local community

We aim to offer our patients the best available treatments, in line with current evidence and clinical guidelines. We offer specialist rehabilitation for a variety of musculoskeletal conditions, ranging from rehabilitation after surgery to management of long-standing pain conditions.

## **What happens if I am unable to attend my appointment?**

Please contact the Physiotherapy Department at least 24 hours before your planned appointment. This will enable us to give another patient the opportunity to attend and help to reduce waiting times. Failure to inform the department may result in you being discharged from our service back to your Consultant or Doctor. Recurrent cancellation of appointments may also result in you being discharged.

## **What happens if I need an Interpreter?**

If you require an Interpreter, please inform the Department when you arrange your appointment. This will be booked for your upcoming visit. Please note, in line with trust policy, we are not able to use family members to interpret in clinical situations.

## **If you are planning to arrive by car**

Please allow yourself adequate time to park as it is sometimes difficult to find suitable parking during the day. Please be aware that hospital sites operate a 'Pay & Display' system for parking. Information about parking via the link <https://www.pat.nhs.uk/getting-here/>

Disabled Parking is situated near the main entrance. The Main entrance/car parks can be accessed off Whitehall Street.

Physiotherapy is located in the out-patient area (Quarry Street entrance), under Suite 5. There is access to the department via stairs or the lift

## **Public Transport**

Information available via the link below

<https://www.pat.nhs.uk/getting-here/>

## **If you require Ambulance Transport**

General Information/Patient Booking Line:

0800 0323 240

## **When is the service available?**

Our core hours are Monday to Friday, 8:00 to 16:00 but we also offer some later appointment times. Please enquire when you book your appointment.

## **How do I Contact you?**

Please contact the Physiotherapy Reception on 01706 517 316 for all queries to our service.

For more information about our Service, please visit our Website <https://www.pat.nhs.uk/our-services/physiotherapy.htm>

***Notes:***



**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](http://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](http://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS



**Date of publication: May 2018**

**Date of review: February 2020**

**Date of next review: February 2022**

**Ref: PI(DS)360**

**© The Northern Care Alliance NHS Group**

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)