

**Your first  
Physiotherapy  
appointment  
Womens Health  
St Paul's Wing  
Cheltenham General  
Hospital**

**On your first appointment**, the Physiotherapist will ask whether you have read and understood this leaflet and will ask for your consent to assess your particular health needs.

During your assessment you will be asked questions about your condition and how it affects your day-to-day activities.

You will also be asked about any medications you are taking. This is routine and will help the Physiotherapist.

At this appointment strategies to manage your symptoms will be discussed. This is likely to include a home programme of exercises.

Any examinations that may be necessary in the future will be discussed in detail at this first appointment.

You are welcome to bring someone with you to any appointments.

If there is any aspect of your condition that you are unsure about, please discuss this with your Physiotherapist. You have a right to decline any aspect of your treatment or examination at any time.

Research has shown that to gain the most from Physiotherapy, the more effort you put in, the quicker the results are achieved.

Please notify this department if you are unable to keep this or any future appointments, as this would enable us to offer this appointment to another patient.

If you have any special needs or access requirements, please contact us.

Anyone with an active powered implant e.g. pacemaker or cochlear implant should inform the physiotherapist immediately on their arrival.

If you have a mobile phone you are required to switch it off.

## **Transport and Parking**

Public Parking is off the Keynsham Road Car Park outside St Pauls Wing. Spaces are limited and we recommend that you give yourself 20 minutes "parking time". The charges are as follows:

Up to 2 hours – £2.00.

## **Disabled Parking**

If you are an Orange Badge holder there are disabled spaces close to the entrance to the St Paul's Wing.

## **Buses**

Buses pass close to the hospital every 20 minutes from the town centre. The number for stagecoach is 01242 224853.

If you are getting a lift from someone or using a taxi, there is a dropping off point outside the entrance to St Paul's Wing.

## **Location**

Women's Health Physiotherapy  
St Pauls Wing  
Cheltenham General Hospital  
Sandford Road  
Cheltenham  
GL53 7AN  
Tel: 08454 222344.

The Physiotherapy department is situated in the Ante Natal clinic in St Paul's Wing. Please inform the receptionist of your arrival and wait in the Ante Natal reception area.