

**On Your First
Physiotherapy
Appointment
Delancey Hospital**

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

This appointment will include an examination, which may require you to undress to your underwear.

You may see a male or female physiotherapist.

During your assessment you will be asked questions about your day-to-day activities and any medications you are taking. This is routine and will help the physiotherapist.

Following the assessment you will be shown how you can control your symptoms and overcome your problems. This is likely to include a home programme. It may be helpful to enlist friends and relatives to help you follow this.

The advice or treatment you receive is specific to your problem. You may experience more discomfort with any changes you make. This is perfectly normal and does not mean you should stop.

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

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

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

Location

Physiotherapy Department
Delancey Hospital
Charlton Lane
Cheltenham
GL53 9DU
Tel: 08454 222107

The Physiotherapy Department is located on the ground floor by the main entrance.

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 reception staff immediately on their arrival. If you have a mobile phone you are required to switch it off.

Transport and Parking

Car parking is at the side and back of the hospital and is operated on a 'pay and display' basis.

Buses

Buses pass close to the Hospital every 20 minutes from the town centre. The number of Stagecoach is 0870 6082608.

If you are getting a lift from someone or using a taxi, there is a dropping off point outside the Physiotherapy Department.