

**On Your First
Physiotherapy
Appointment**
Dilke Memorial 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
Dilke Memorial Hospital
Cinderford
Glos
GL14 3HX
Tel: 01594 598129

The Physiotherapy Department is based in the hospital. When you come for your appointment, please report to reception and they will direct you to the Physiotherapy Department.

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

Public parking is available at the hospital free of charge. Space does vary and we recommend that you give yourself an extra 5 minutes 'parking time'.

Disabled Parking

If you are a Blue Badge holder there are disabled parking spaces in the top car park.