

PHYSIOTHERAPY



St Teresa's
Hospice
Giving to life

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For more information about our services:

www.darlingtonhospice.org.uk

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What is Physiotherapy and why would I need it?

Physiotherapy can help you in many different ways:

- Help to improve mobility and muscle strength
- Provide walking aids
- Help with managing breathlessness and anxiety
- Use of TENS machines to help with pain control, if appropriate
- Give advice on moving, handling and positioning
- Help with Lymphoedema management
- Help with fatigue by looking at pacing of daily activities
- Basic wheelchair advice

The team consists of one physio and one physio assistant.

How do I access Physiotherapy?

You can be referred for physiotherapy through the Hospice if you are already accessing any of our services, or by your Macmillan Nurse in the Darlington area. You will be assessed and suitable treatments will be offered, appropriate to your needs.

We see patients in many settings, e.g. Day Hospice "Choices" programme, In Patient Unit, and your own home if necessary.

Specialist Clinics

If you are attending the specialist neurology, heart failure or respiratory clinics you will also receive physiotherapy intervention, advice and support as appropriate. In this situation you will be referred by your specialist nurse.