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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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A Guide to Physiotherapy for Stroke Patients on Chaucer Ward

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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When progress becomes limited or another environment would be more suitable, your therapists will discuss this with you and arrange a family meeting to make future plans.

The team may then focus on self management of your condition with less frequent physiotherapy sessions.

Please ask your physiotherapist if you have any other questions.

FURTHER INFORMATION

In the event of you needing clarification of any of the points set out in this leaflet please do not hesitate to contact the Physiotherapy Department on the number below.

Contact details for Chaucer ward physiotherapy team:

01784 884003

Useful sources of information:

The Stroke Association
www.stroke.org.uk (website)
0845 3033100 (helpline)

Physical effects of stroke – Factsheet 33, The Stroke Association

A Guide to Physiotherapy for Stroke Patients on Chaucer Ward

WHAT DOES A PHYSIOTHERAPIST DO?

Our aim is to help you regain as much movement as possible and cope with any remaining difficulties after your stroke.

WHO WILL PROVIDE MY PHYSIOTHERAPY?

There are three physiotherapists supported by a physiotherapy assistant. You should expect to have one key physiotherapist that you see regularly who will be assisted by other team members as needed.

HOW OFTEN WILL I RECEIVE PHYSIOTHERAPY?

The team work Monday to Friday, between the hours of 08.30 and 16.30.

Patients are seen daily by a member of the physiotherapy team and are also encouraged to attend daily groups for additional therapy sessions. The groups are listed on the therapy board opposite the gym.

HOW LONG ARE THE SESSIONS?

Sessions vary for each person according to their circumstances. Your therapist will either have thirty minutes or one hour to work with you, liaise with other professionals and keep a written record of your treatment.

WHAT SHOULD I WEAR?

People generally feel more comfortable in loose fitting clothing, i.e. shirts, T-shirts, shorts or jogging bottoms. Footwear should have sufficient grip and offer some support – laced trainers are ideal.

You will be working in sitting, lying, and standing positions according to your needs, and staff will always ensure your dignity is maintained. Ask your physiotherapist if you remain unsure.

WHERE WILL I HAVE MY PHYSIOTHERAPY?

The Brian Ashley Gym is situated on Chaucer ward, a short distance from your hospital bed. Facilities available are parallel bars, treatment plinths, balance equipment, treadmill, practice stairs and an exercise bike, which are accessible to wheelchair users.

The garden is accessed via the gym.

WHEN WILL I HAVE MY PHYSIOTHERAPY?

The team are generally able to timetable one week in advance which means you will know when to expect your physiotherapy and the nurses will support you in being dressed for that time.

There are, however, occasions when timetabling is not possible - your physiotherapist will notify you at these times.

WHAT ELSE DOES THE PHYSIOTHERAPIST DO?

Physiotherapists work to promote your independence, advising nurses and other ward staff how to assist you to move and how to make you comfortable in your bed or chair. They will attend meetings with the consultant and your family to discuss your progress.

Your physiotherapist will work alongside your occupational therapist, speech and language therapist and dietician where appropriate. They can assist you in setting goals for your rehabilitation and make plans for when you leave Chaucer ward.

HOW LONG WILL I RECEIVE PHYSIOTHERAPY FOR?

Chaucer ward is goal-centred. If you are achieving goals within the expected time frames and the ward environment remains the most appropriate place for your treatment, rehabilitation continues.