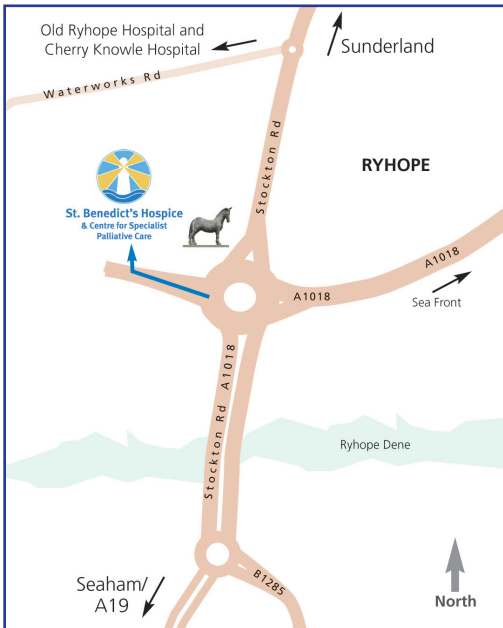


Improving services

We are always looking at ways to improve our services. If you have any suggestions, we would be happy to hear them.

At some point during your care you may receive a questionnaire about the service. We would really appreciate it if you would take the time to complete this.

How to get to us



Bus Services

Go North East 60 and 61
(www.gonortheast.co.uk)
Arriva 24 and 24X
(www.arrivabus.co.uk)

There is car parking available on site;
parking is free of charge.

Further information please contact:

Physiotherapy Department
St Benedict's Hospice and Centre for
Specialist Palliative Care
St Benedict's Way
Sunderland
SR2 0NY
Phone number: 0191 512 8442
Website: www.stbenedicts.co.uk

*Supported by St Benedicts Hospice charity
Registered charity number 1019410*

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact the Physiotherapy Department.

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St. Benedict's Hospice
& Centre for Specialist
Palliative Care

Physiotherapy



South Tyneside
NHS Foundation Trust

Part of:
South Tyneside and Sunderland
Healthcare Group

Physiotherapy - What is it?

- Promotes independence and helps people adapt to their changing condition
- Help to reduce some of the effects of your illness
- Improve your quality of life
- Help manage your day to day activities
- Set realistic patient centred goals



You may be referred for

- Mobility/physical function problems/ loss of independence
- Pain management
- Manual handling/transfers/mobility aids
- Breathlessness and related fatigue
- Joint mobility
- Muscle strength

Treatment

- Your treatment may include exercises (in a group and/or individually)
- Provision of walking aids
- Specialist advice
- Talking through coping strategies
- Pain Management

If you currently use any walking aids, please bring these with you on your visit.

Your needs will be regularly assessed so that the care and treatment offered, best suits you. If there are other services that would be more suitable we will help you to access them. Discharging you from our care will be discussed with you. You will be able to return to our services if your needs change.

