



What is the purpose of this leaflet?

The purpose of this leaflet is to answer questions frequently asked about Physiotherapy.

What is the aim of Physiotherapy at Phyllis Tuckwell?

Our overall aim is to improve your quality of life and assist you to remain as independent as possible through all the stages of your illness.

Who can see a Physiotherapist at Phyllis Tuckwell?

A Physiotherapy assessment can be requested for anyone under the care of Phyllis Tuckwell. This may be by any Hospice Care team member or by the patients themselves.

The Physiotherapy service at Phyllis Tuckwell covers the In-Patient Unit, the Day Hospice and Out-Patients at the Hospice and Beacon Centre.

We also undertake home visits where necessary.

How do I contact a Physiotherapist at Phyllis Tuckwell?

If you think that we might be able to help you please talk to your Phyllis Tuckwell Nurse, Key-Worker or Doctor. Alternatively, you can contact us on the numbers shown overleaf.

What sort of treatment might I have?

- Exercise programmes to improve or maintain flexibility and strength.
- Positioning and assisted movements to improve your comfort if you are in bed.
- Provision of walking aids which may increase your independence.
- Advice on the management of breathlessness and assistance with clearing secretions.
- Assessment and treatment of pain.
- Advice about relaxation techniques.
- Advice on conserving energy and managing everyday activities.
- Advice for carers on the safest ways of assisting you to move around in order to avoid any injury.
- Acupuncture.

Do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you.

How long will I have treatment for?

Everyone is different, so this will depend on your needs.

We will regularly review your treatment programme and together we will make any changes we feel to be necessary.

Physiotherapy

how might Physiotherapy benefit me?

With Physiotherapy advice and treatments we may be able to help you in the following ways:-

- improve your independence
- help you to manage daily activities
- reduce your pain and stiffness
- increase your mobility and muscle strength
- improve control of your breathlessness
- help you to feel more comfortable
- support you to work towards achieving your goals.

contact us at:

The Hospice
01252 729422

The Beacon Centre
01252 913033

Your physiotherapist is:

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Phyllis Tuckwell Hospice Care
Waverley Lane, Farnham
Surrey GU9 8BL

The Beacon Centre,
Gill Avenue, Guildford,
Surrey GU2 7WW

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