

How to change your appointment

If you can not attend your appointment , please contact the clinic to cancel.

We will rearrange your appointment to a date and time which is more convenient for you.

If you do not attend your appointment or are not in when we visit, and do not let us know you may be discharged.

Contact Information

North Team

Gorton Therapy Centre
48 Blackwin Street
Gorton
Manchester
M12 5JY
Tel: 0161 230 0301

South Team

Baguley Therapy Centre
Baguley Clinic Hall Lane
Baguley
Manchester
M23 1NA
Tel: 0161 445 1259

No Smoking policy

The NHS has a responsibility for the nation's health. Protect yourself, patients, visitors and staff by adhering to our no smoking policy.

Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on
Tel: (0161) 205 5998

(www.stopsmokingmanchester.co.uk)

Compliments and complaints

We welcome any compliments or suggestions you may have about our service. Please ask your Physiotherapist for a feedback card to complete.

If you wish to make a formal complaint you should write to :

Complaints Manager - PALS
Cobbett House
Manchester Royal Infirmary
Oxford Road
Manchester
M13 9WL
Tel: 0161 276 8686



**Manchester Local
Care Organisation**

Leading local care, improving
lives in Manchester, with you

Information about your physiotherapy appointment

For patients receiving care
from the

Children & Young People's Musculoskeletal Physiotherapy Service



Children's Community Health Services
*"Working together to enable every child to have
the best health possible"*

Powered by:



Who do we see?

We provide a service for children and young people who present with a musculoskeletal problem (this is a problem with your joints and muscles)

We work in partnership with families, carers, education, medical and health colleagues to ensure you receive high quality care

Where will you be seen?

Our Service is citywide and we run clinics from various venues throughout your area

When will the first appointment be?

You will have been referred to our service by your G.P. or other Health Professional

Once you are at the top of our waiting list we will contact you by letter offering an appointment

Your first appointment

- It is important you attend the first appointment with your parent or carer
- We will already know a little bit about you from the referral but we will need you to provide us with further information
- The physiotherapist will then complete a detailed assessment and discuss with you and your parent/carer how physiotherapy can help
- This can take up to an hour
- How often you will need to come to physiotherapy will also be discussed

What should you bring?

- To be able to fully assess you, please bring suitable clothing such as shorts as we will need you to undress
- Please also bring any splints or insoles that you use and your regular footwear

What does the treatment involve?

After assessment and discussion we will agree treatment goals and a treatment plan with you

Treatment can be delivered individually or as part of a group and **may** include:-

- Specific exercise and stretching programmes for home and school
- Using gym equipment
- Assessment for the use of specialist equipment such as splints
- Strapping techniques
- Referral to other health professionals
- Pain management techniques

Who may be involved?

We work in partnership with families, carers, education, medical and health colleagues to ensure you receive high quality care

Physiotherapy students may be present. Please let your physiotherapist know if you are not happy with

