

Physiotherapy at Queen Mary's Hospital

This leaflet explains more about physiotherapy services at Queen Mary's Hospital (QMH).

What is physiotherapy?

During physiotherapy, your therapist will diagnose and treat the cause of any symptoms, They will also try to find out what may have led to your problem, to help reduce the risk of it happening again.

Physiotherapists provide individually tailored rehabilitation programmes, and treat the body as a whole, so your therapist may also suggest ways to improve your wellbeing such as regular activity or healthy eating.

Throughout your course of treatment your physiotherapist will advise you on how you can help manage your symptoms in the short-term, in between treatment sessions, as well as for the long-term, when you have completed your treatment.

Rehabilitation always requires the patient to be involved in their own care.

Why should I choose physiotherapy services at Queen Mary's?

Quality

Our Chartered Physiotherapy Team is highly skilled with a broad range of expertise. All our physiotherapists are registered with the Health Professions Council (HPC) and most are members of Special Interest Groups such as The Musculoskeletal Association (MACP) or the Acupuncture Association (AACP).

In our recent patient satisfaction survey:

- **98%** would recommend our service to others
- **84%** rated treatment as excellent.

Experience

Our physiotherapists are experienced in:

- chronic pain
- orthopaedics
- rheumatology
- women's health.

In cases where physiotherapy can't help you we can, if appropriate, refer to an **Advanced Physiotherapy Practitioner** (a highly specialised therapist with postgraduate qualifications). They can arrange investigations such as x-rays, blood tests, MRI and Ultrasounds scans, and where needed, coordinate an onward referral to a specialist team for pain management or surgery.

Holistic

We offer an integrated approach to healthcare and can refer patients to other NHS health professionals if needed, such as a dietician for healthy eating advice or a podiatrist for a foot biomechanical assessment.

Our main aim at QMH is to help you get as much movement and body function as you can.

We can help with a wide range of musculoskeletal problems, including:

- neck and back pain
- nerve problems like sciatica
- arthritis
- ligament and muscle injuries
- headaches
- whiplash
- sports injuries
- rehabilitation after surgery or trauma.

What treatment might I have?

Treatments are evidence-based, and designed to improve the self-management strategies which are vital to your rehabilitation. Treatment may include:

Movement and exercise

Therapeutic exercise aims to mobilise and strengthen the affected body area. Exercises may include posture retraining, muscle strengthening, cardiovascular training and stretching. The prescribed exercises given by a therapist must be repeated regularly, usually daily, for a set number of weeks. We also provide rehabilitation classes.

Manual therapy

This involves the therapist using their hands to help mobilise stiff joints and tight tissues. It can include:

- stretching
- soft tissue techniques
- joint mobilisation, including spinal manipulation
- taping and strapping
- acupuncture
- provision of walking aids
- gait re-education
- ergonomic advice
- high level rehabilitation for return to sport.

We also offer specialist physiotherapy for **women's health** issues, to do with pregnancy, urological or gynaecological conditions.

How do I book?

Ask your GP to refer you to Queen Mary's Physiotherapy.

Once we receive your referral we will contact you to arrange an appointment – if you have an acute injury you will be offered an appointment within 24 hours of us receiving a referral.

Useful sources of information

More information and advice leaflets are available on our website:

<https://www.stgeorges.nhs.uk/service/physiotherapy-outpatient/>

How do I get there?

The department is on the lower ground floor of Queen Mary's Hospital, SW15 5PN, on the A306 near Putney Heath. Car parking is available - up to an hour costs £2 and 1-2 hours costs £4.

You can also travel to the hospital by public transport:

Bus 493, 430, 85, 180, 265, 72

Train Barnes Station

Tube Putney Bridge



Contact us

If you have any questions or concerns about physiotherapy at Queen Mary's Hospital, please contact us on 020 8487 6022 (Monday to Friday, 9am to 4pm), or by email:

WACCG.physiotherapyoutpatients@nhs.net

We are also on Twitter: @QMMSKphysio

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



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