

Lothian Community Neuro Rehabilitation Service

Physiotherapy

Information for patients

Who are we?

We are a neurological physiotherapy team based at the Astley Ainslie Hospital, working in out-patient clinics and the community across the Lothians. We work with people with a new or existing neurological condition to support their rehabilitation.

What is physiotherapy?

Physiotherapists help people affected by injury, illness, or disability. We aim to restore and maximise movement and function. We work with you to achieve your full potential and live as full and active a life as possible.

We explore what matters most to you and build an action plan together. This ensures your rehabilitation focuses on what's important to you, empowers you to be an active participant, and allows you to monitor your own progress.

We do this through:

- Movement
- Exercise
- Education and advice
- Supported self-management.

What happens when we contact you?

Our initial conversation is to get to know you and hear about:

- What's been happening and what you might be concerned about
- How you are currently managing
- What you are still able to do and what strategies are working well
- What matters to you and your hopes for working with physiotherapy.

This conversation can also involve the people that matter to you.

Where will we meet you?

We may meet face to face (in clinic or your home), online video, or telephone calls depending on your needs.

What happens next?

We will contact you to arrange an appointment. Before your appointment, it would be helpful for you to think about what matters to you and your hopes for working with physiotherapy.

What happens if I cannot attend or no longer require physiotherapy?

If you no longer require an appointment or need to move an appointment, please let us know as early as possible. This allows us to use that appointment slot for another patient.

If you are unable to attend 3 physiotherapy appointments **your physiotherapist** will review your notes and you may not be offered another appointment.

Contact us

If you have any questions or concerns, please contact the physiotherapy service:

0131 537 9082

Core working hours are Monday to Friday 8.30am to 4.30pm.

**Lothian Community Neurological Rehabilitation Service
Astley Ainslie Hospital
133 Grange Loan
EH9 2HL**

In the event of an emergency, please contact your GP directly, phone 999 or NHS 24 on 111.

