

Following your physiotherapy appointment

East Lothian Primary Care Physiotherapy Assessment Clinic

Thank you for attending your appointment today. **Please read the important information below.**

Your physiotherapist will tick the below which apply to you:

	You have been referred for further physiotherapy and will receive an opt in letter (paper or digital). The current waiting time is approximately ____ weeks.
	You have been discharged from physiotherapy today. If your symptoms worsen at any point or they are no better in ____ weeks, please contact 0300 369 0680 for reassessment.
	You have been referred for an X-ray. The Advanced Practice Physiotherapist will contact you approximately ____ weeks after your X-ray to discuss the results. If you have not heard from them 6 weeks following your X-ray, please contact 01620 642 920.

Symptoms requiring immediate medical attention

Please read the following information carefully.

If you have any of the following symptoms, please seek immediate medical attention.

Cauda Equina Syndrome

Many patients have a combination of back pain, leg pain, leg numbness and weakness. These symptoms can be distressing for you but don't necessarily require emergency medical attention.

A rare but serious back condition, Cauda Equina Syndrome, can lead to permanent damage or disability and will need to be seen by an Emergency Specialist Spinal Team.

Attend A&E immediately if you develop any of the following symptoms:

- Loss of feeling/pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increased difficulty when you try to urinate
- Increased difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking
- Loss of sensation when you pass a bowel motion
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse.

Foot Drop


Foot drop is a muscular weakness or paralysis that makes it difficult to lift the front part of your foot and toes. It can cause you to drag your foot on the ground when you walk. Foot drop is a sign of an underlying problem rather than a condition itself. This could be muscular, caused by nerve damage in the leg, or the result of a brain or spinal injury. Foot drop usually only affects 1 foot, but both feet may be affected depending on the cause. It can be temporary or permanent.

Ask for an urgent GP appointment or call 111 if:

- You rapidly become unable to lift your foot or toes off the ground in sitting or standing (unable to tap your toes)
- You notice a sudden change in your mobility and feel you are dragging or tripping over your foot




Feedback

We welcome your feedback on your experience today. Please scan the QR code below to complete a short anonymous questionnaire or visit the website below:

https://app.onlinesurveys.jisc.ac.uk/s/nhslothiansurveys/patient-experience-measure-east-lothian-gp-app-services	
---	--

Further Information

You can access more information about your condition by scanning the QR codes below or visiting:

East Lothian Rehabilitation Service www.eastlothian.gov.uk/elrs	
Arthritis UK www.arthritis-uk.org	
Chartered Society of Physiotherapy www.csp.org.uk	
NHS Inform www.nhsinform.scot	