

Making your outpatient physiotherapy appointment in South Devon and Torbay

To refer yourself for NHS physiotherapy, visit:

www.sdhct.nhs.uk/physiopkb

And click 'create your account'

Alternatively,
scan this QR
code:



You can also call:

01626 883 765

(local rate)

(for patients registered in Newton Abbot,
Teignmouth, Dawlish, Bovey Tracey, Ashburton,
Totnes, Dartmouth, Chillington, Ipplepen,
Kingskerswell or surrounding areas)

0300 456 9987

(local rate)

(for patients registered in Torquay, Paignton
and Brixham)

Appointments can be booked for the day you
contact us, or the next two working days.

Calls taken Monday to Friday from
8:30am to 12pm.

Please write your appointment here:

Date..... Time..... Location.....

Please allow 45 minutes for your first appointment.

Please bring a list of your medications and wear suitable clothing so that you can be examined.

You are welcome to bring someone with you to your appointments.

What is physiotherapy?

When someone is affected by injury, illness or disability, physiotherapy helps restore movement and function to as near normal as possible.

Outpatient physiotherapy

Outpatient physiotherapy clinics see mainly musculoskeletal problems. These are symptoms arising from the soft tissues (muscles), joints and bones.

Useful web-based resources/links

www.sdhct.nhs/reconnect2life for information about managing pain

www.patient.co.uk for information on general health conditions.

GP special instructions for physiotherapist:

Right Care, Right Place, Right Time

What will your journey through physio look like?

Please follow the booking instructions on the reverse side of this leaflet to book your physiotherapy appointment

You will usually be offered an appointment to see a physiotherapist within three working days.

The physiotherapist will:

- Assess your problems. This will include asking questions about your medical history and any medications that you take.
- Carry out a physical examination

The physiotherapist may:

- Advise on how you can best manage your symptoms, usually including some exercises
- Advise you to partake in one-to-one or group sessions aimed at rehabilitating you after surgery or following injury
- Use hands-on treatment
- Use a corticosteroid injection or trial of acupuncture
- Refer you to specialist services
- Signpost you to other services that help prevent falls, help manage long-term conditions or assist with your social care needs.

You may be referred for healthy lifestyle advice, such as weight management or smoking cessation advice.

Roughly 10% of patients have a more complicated condition or symptoms that do not improve. The physiotherapist may refer you to an Extended Scope Physio (ESP). ESP's are experts in dealing with complex problems.

You do not need any further treatment.

Your ESP will examine you and arrange for any appropriate tests, ensure you are aware of what your options for treatment are, what the pros and cons of these options are and offer you support to help you make a decision that is right for you. This may include surgery as an option.

You make a decision with your ESP that surgery is the best option for you.

You make a decision with your ESP that surgery is NOT the best option for you.

Your ESP will pass your details to a local booking service. They will call you within three working days to offer you a choice of hospital for you to have your surgery.

Your ESP will advise you on how best to self-manage your condition.