

Physiotherapy



What is **Physiotherapy**?

Physiotherapy can help you recover or maintain movement and function – important factors in promoting your independence and encouraging your rehabilitation.

We have a range of physiotherapy treatments and groups that aim to help maximise and maintain your independence. They improve quality of life by working on the things that are most important to you.

How can you **benefit** from this service?

Physiotherapy can help with:

- Supporting you to self-manage your symptoms to improve your quality of life
- Reducing pain through exercise, positioning, transcutaneous electric nerve stimulation (TENS) or acupuncture
- Support with breathlessness and respiratory management, through breathing and airway clearance techniques and equipment
- Improving strength and mobility through exercise or walking aids
- Supporting the discharge planning process

Our physiotherapists will work with you to address any difficulties caused by your disease, identify your priorities and set realistic goals.

What's on **offer**?

At the initial consultation, a physiotherapist will assess your needs and talk about the treatment options. It may be that a single session will be enough, or that you'd be better following a programme of treatment. Whatever you agree, the physiotherapist will monitor any changes that you experience and, if needed, adjust the programme to make sure it continues to meet your requirements.

St Elizabeth Hospice has a gym located in the Community Care Unit in Ipswich that allows you to take part in balance training, gain rehabilitation, cardiovascular fitness and other activities. You can also join our exercise groups if they are assessed to be appropriate for you.

Who is involved in providing this **service**?

Qualified physiotherapists are responsible for delivering these treatments, and they work closely with our Occupational Therapists (OTs).

Often, the physiotherapists and OTs will complete their assessments together, to make sure the treatments are suited to one another and satisfy your needs and preferences.

When and **where** is this service available?

Physiotherapy takes place in a variety of settings, including at our specialist palliative care bed locations in St Elizabeth Hospice in Ipswich and Beccles Hospital. Therapy is also offered at Community Care Unit locations (and our therapy gym), in your own home, or as an outpatient in Ipswich.

Treatment times will vary, according to your needs and the availability of the various settings.

A member of our physiotherapy team will get in touch with you following your referral to the hospice.

How much **does it cost?**

All therapies, emotional and spiritual wellbeing services at St Elizabeth Hospice are free. St Elizabeth Hospice is a registered charity and relies on gifts and donations to carry out its work. Because of people's generosity we are able to offer therapy services and bereavement support free of charge to the relatives and friends of hospice patients.

Tell us what you think

Hearing about your experience of St Elizabeth Hospice can help us to improve our services and provide better care and support for those who need it.

To make a comment or complaint, or to compliment us on something we've done well, please write to us or visit stelizabethhospice.org.uk

Contact **us**

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