

## FAQs - Locala Choose Well Physiotherapy

### What is Physiotherapy?

Physiotherapy is a healthcare profession focused on improving movement and function when a person is impacted by injury, illness, or disability. It is grounded in science and often takes a comprehensive approach to overall health and wellness.

Physiotherapists can address a range of conditions, including back pain, acute injuries, and chronic conditions like arthritis and fibromyalgia. They also support recovery and preparation for significant events such as surgery such as joint replacement or spinal surgery, or physical activities such as marathon preparation etc.

After conducting a thorough assessment, physiotherapists guide patients through exercises and movements, provide advice and education, and may use techniques such as hands on therapy such as massage and k-taping and acupuncture. Active participation from patients is typically a central element in physiotherapy, encouraging awareness and self-empowerment in the healing process.

In some cases, your physiotherapist may suggest a referral to other specialists, such as orthopaedic surgeons, pain management experts, or rheumatologists, for additional care. We are also able to refer patients to Living Care for MRIs and X-rays if needed.

### Why choose Locala Choose Well for Physiotherapy?

Patients should choose Locala Choose Well for their MSK physiotherapy needs because we offer personalized care tailored to your specific condition and goals. Our experienced physiotherapists are committed to helping you regain mobility, reduce pain, and improve your overall well-being. With evidence-based treatments and a patient-centred approach, we empower you to take an active role in your recovery, giving you the best chance to return to your daily activities pain-free.

### How effective is Physiotherapy?

In most cases, physiotherapy is regarded as an effective treatment for suitable conditions. It can also help prevent future injuries from occurring.

### What does Physiotherapy involve?

Treatment may include hands on therapy (e.g., massage, joint mobilizations), exercise therapy, acupuncture, and advice on posture.

### What conditions do you treat?

We treat a wide range of musculoskeletal conditions including back pain, neck pain, joint pain, sports injuries, arthritis, tendonitis, pre and post-surgical rehabilitation, and more.

### How much does Locala Choose Well Physiotherapy cost?

£65 = 45-minute initial assessment

£50 = 30 minute follow up

### **What happens at my first appointment?**

During your first appointment, the physiotherapist will take a detailed history of your condition, perform a physical assessment, and discuss your treatments and goals. From there, they will develop a personalized treatment plan tailored to your needs. If you are having acupuncture your physiotherapist can provide a leaflet.

### **What happens at my second session?**

The first follow-up session typically includes:

- A conversation about how you felt after your initial appointment.
- An assessment of any changes in your condition since the first visit.
- A review of the physical examination to determine if any changes affect ongoing management.
- Continuation or adjustment of the treatment plan from the initial session, which may involve either progression or regression based on the information gathered.
- Introduction of new management strategies or treatments as needed.

### **How many sessions will I need?**

The number of sessions you will need will vary person to person.

We deliver individualised care, and your Physiotherapist will be able to provide you with some guidance on your personal therapy needs and appointment frequency when they have completed your assessment.

### **How can I get the most out of my session(s)?**

**Open Communication:** Your physiotherapist will collaborate with you to set realistic and achievable goals, ensuring steady progress throughout your treatment. It's essential to keep a track of how you're feeling and if there any changes you notice between sessions. Before your initial assessment, think about the details you'd like to share regarding how your condition is impacting you physically and emotionally, as well as your personal goals for treatment.

**Take an Active Role in Your Recovery:** Being involved in decision-making is crucial for maximizing the benefits of your treatment. By discussing and agreeing on specific goals and expected outcomes (including timeframes), you'll be more motivated to stay committed to your exercises and follow any recommendations. Don't hesitate to ask questions to fully understand your diagnosis and the plan for achieving your desired results.

### **What should I wear?**

For your physiotherapy appointment, it's important to wear comfortable clothing that allows you to move freely. Sportswear or gym attire is a great choice.

### **Do you get treatment during your initial appointment?**

Yes, your Physiotherapist will strive to begin your therapy care from your first visit. Please bear in mind however that the assessment appointment is primarily intended for gathering of essential information and discussing your personalised goals.

**Do I need to see my doctor first?**

No, you don't need a referral. You can directly book an appointment with our physiotherapists, though if you have a complex medical condition, it's always helpful to bring any relevant medical information.

**Can I bring someone with me?**

Yes, you are more than welcome to bring a chaperone with you to your appointments.

**Do I need a referral from my doctor?**

No, you don't need a referral. You can directly book an appointment with our menopause specialist, though if you have a other medical condition, it's always helpful to bring any relevant medical information.

**Is parking available?**

Yes, there is parking at Holme Valley Memorial Hospital to the front and side of the building.

**Can I stop treatment at any time?**

Yes, you can stop treatment at any time. Please ensure you contact us to cancel any appointments you have already got booked if you want to stop receiving care.

Please be aware of terms and conditions for our cancellation policy.