

Will my condition always get better?

Our statistics show that three out of four Bristol Community Health Physiotherapy patients get better but physiotherapy cannot always fix your problem. We will be honest about this and give you any appropriate options.

Some problems have been shown to respond to an exercise based approach in a group setting and we will offer this to you if you fit the criteria.

By the end of your course of treatment we want you to be able to understand and manage your condition better.

To achieve the best outcome from treatment it is very important that you and your physiotherapist work together, which means that you need to:

- Attend appointments.
- Let us know in good time if you can't.
- Follow our advice and practise your exercises.

Ask questions if you are unsure of what you need to do, and make sure you fully understand your treatment plan before you agree to it.

Contact us on: 0117 3302659 Email: MSKphysio.bristol@nhs.net

How are we doing?

Feedback online at bit.ly/TellustodayPhy

Or ask your Physiotherapy Team for a feedback form.

For more information, call 0117 900 2146

Last reviewed: 03/06/2016



Scan here to
feedback



Your Bristol Community Health

Physiotherapy

The physiotherapy team will listen to you and help you manage and improve your health

Helping you to live life well

Your doctor has referred you for physiotherapy treatment and this will be provided for you by the Bristol Community Health Musculoskeletal Physiotherapy Service. The team is made up of Chartered Physiotherapists and an assistant physiotherapist who runs our gym.

What happens now?

Once we have your referral from your GP we will write to you and include specific instructions of how to contact the service.

How long will I have to wait?

If you have your first appointment on the phone you will be able to ring in the first four weeks after your initial letter. If your first appointment is with a physiotherapist in person then we will advise you of the current waiting times in your initial letter.

Why do I have to wait?

We have waiting lists because we receive more referrals than we have physiotherapists to see them. About 11% of people don't attend their appointment which wastes time and means everyone else waits longer.

What can I expect?

You can expect a thorough assessment either on the phone or in person. A physiotherapist will ask you questions and listen to your answers, to try to find out what may be causing the symptoms you are having.

The physiotherapist will also discuss the treatment options; agree some goals and a treatment plan. This almost always includes exercises - whether your initial appointment is on the phone or in person.

Physiotherapists also use other techniques such as mobilisation and manipulation, electrotherapy, acupuncture and taping.

Where can I have my physiotherapy?

Most people will have their first appointment on the phone (PhysioDirect), but if you need an appointment in person it will be at one of our seven community bases.

The bases are:

Hartcliffe Health Centre , Hartcliffe, Tuesdays & Fridays 8.30-16.00	Hartcliffe Health Centre , Hartcliffe, Tuesdays & Fridays 8.30-16.00
Brooklea Health Centre , Brislington, Tuesdays & Thursdays 8.10-16.30	Knowle Clinic , Knowle, Tuesdays & Thursdays 8.10-16.30
Charlotte Keel Health Centre , Easton, Monday - Thursday 8.10 -17.00 Friday 8.10 -12.30	Knowle West Health Park , Knowle, Monday-Friday 8.10-17.00
Hampton House Health Centre , Cotham, Monday-Friday 8.10-16.30	William Budd Health Centre , Knowle, Wednesday 14.00-16.00 & Friday 9.30-12.30

