

Orthopaedic Outreach Therapy Admin Team:

0151 430 1237

If you require this document in Braille, large print or another language, please call the Patient Advise and Liaison Service (PALS) on 0800 073 0578

Do you want to comment or know more about Therapy Services?

Please contact a member of our team:

Ward 3 Alpha: 0151 290 1186

Ward 3B: 0151 290 4445

Ward 3E: 0151 290 4352

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Orthopaedic Outreach Therapy Service

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is Orthopaedic Outreach Therapy?

After your stay in hospital on the Orthopaedic ward, you may have some muscle weakness and difficulty moving certain joints.

You may be using walking aids such as crutches or a frame and be unable to walk as far as you normally would.

You may also feel you are not back to your normal, day to day activities.

It can sometimes take weeks or months to regain movement, strength and mobility.

The role of the Outreach therapist is to provide follow-up therapy, to ensure your recovery continues after you leave the hospital.

They will help you gradually return to doing as many of the things as possible, that you were able to do before you came into hospital.

What will my treatment include?

Your treatment may include the following:

- Providing you with exercises to strengthen your muscles, improve your joint movements or help with balance.
- Practice walking with new aids (a stick for example) and advice on building up your fitness.
- Practice getting around your home, as well as out and about.
- Practice getting back to every day tasks such as preparing meals and drinks.
- Advice and support on how and when to try new activities/ old hobbies.

What happens next?

You have been referred to the Orthopaedic Outreach service either when you were discharged from hospital or from clinic.

We aim to contact you within two weeks of your discharge from hospital. You will then receive a telephone call to complete your initial consultation. The therapist will then decide whether ongoing input will be offered via telephone or as a face-to-face contact, in the form of a home visit from the Outreach therapist.

Your therapist may call or visit once, or a number of times, depending on your needs. How often and how many calls/ visits that you will receive will be determined by your therapist.

What do I do whilst waiting for Outreach Therapy?

- Continue with any exercises you were shown in hospital.
- Continue to follow any advice you were given during your hospital stay.
- If you have not been contacted with an appointment within 2 weeks of going home, please ring the phone number on the back of this leaflet.

What happens after Outreach Therapy?

In some cases, your therapist may recommend that your care is handed over to the Outpatient Physiotherapy team or suggest referral to other services to further support your progression. In each case, this will be discussed with you.

When you are discharged from the Orthopaedic Outreach service, you will be offered advice and education for ongoing self-management.