

Tayside Physiotherapy Service

Please keep this leaflet for your information

What can a Physiotherapist offer?

We can help if you have low back pain, neck pain, joint pains or recent sprains/strains. Physiotherapists can offer advice as well as treatment. Sometimes the best treatment may be simple advice or exercises. The success of your therapy will depend on you following the treatment plan and advice given by your therapist. They will explain how your treatment works and what to expect.

What can I do to help myself?

Research shows that resting for more than a day or so does not help and may prolong pain and disability. You may need to modify your activities initially but the sooner you get back to normal activities, the sooner you will feel better. Getting stiff joints and muscles working again can be sore initially. This is normal and not a sign of damage. Changing your position or activity regularly throughout the day will help prevent and reduce stiffness. Try to build up your general activity gradually. Most problems will feel much better over 3 – 6 weeks.

If you feel unwell or have severe pain or swelling following an injury, please seek medical attention or contact NHS 24 – Telephone: 08454 242424

Hot or Cold?

Ice packs are helpful for an acute injury or hot and swollen joints. Use a bag of frozen peas wrapped in a damp tea towel for 20 minutes every 2 hours. Heat is useful to relax stiff or aching muscles.

Be careful as hot and cold can burn. You must check your skin every 5 minutes. If your skin looks very red/blotchy you must stop using the pack.

Painkillers

'Over the counter' painkillers can be helpful. A pharmacist will be able to advise you on what to take. You may prefer to see your GP for further advice on medication if your symptoms worsen.

About your first visit

Your physiotherapist will introduce themselves and ask you about your symptoms.

- **Please bring shorts or a t-shirt, if necessary, to allow the therapist to examine the affected area.**
- **Please bring a list of any medication you are taking.**

Your first appointment will last around 40 minutes, depending on your needs, with any further appointments around 20 – 30 minutes.

For many people referred to us, the right care is physiotherapy. Your therapist will discuss with you if they feel referral on to another health care professional or further investigations are required. During your appointment you will be able to ask any questions that you have about your symptoms or treatment.

If you have lower back /leg pain and develop any of the following symptoms, please contact your GP immediately:

- Any new problem passing urine or controlling your bladder or bowel?
- Altered sensation around your back passage or genitals.
- Numbness, pins and needles or weakness in both legs.

You may also find the following websites helpful:

www.scottishbacks.co.uk

www.nhs24.com

www.physiotherapyadvice.scot.nhs.uk

www.csp.org.uk/director/public/moveforhealth.cfm

**Do you work for a small Tayside business employing less than 250 people?
The Scottish Government has funded *Working Health Services* to allow people who
work in small businesses to access a range of specialist health services.
Telephone: 01382 825100 for a physiotherapy appointment**