

How to change your appointment

If you can not attend your appointment , please contact the clinic to cancel.

We will rearrange your appointment to a date and time which is more convenient for you.

If you do not attend your appointment and do not let us know you may be discharged.

Contact Information

North Team

Gorton Therapy Centre
48 Blackwin Street
Gorton
Manchester
M12 5JY
Tel: 0161 230 0301

No Smoking policy

The NHS has a responsibility for the nation's health. Protect yourself, patients, visitors and staff by adhering to our no smoking policy.

Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on
Tel: (0161) 205 5998

www.stopsmokingmanchester.co.uk

Compliments and Complaints

We welcome any compliments or suggestions you may have about our service. Please ask your Physiotherapist for a feedback card to complete. If you wish to make a formal complaint you should write to :

Complaints Manager - PALS
Cobbett House
Manchester Royal Infirmary
Oxford Road
Manchester
M13 9WL



**Manchester Local
Care Organisation**

Leading local care, improving
lives in Manchester, with you

Children & Young People's Musculoskeletal Physiotherapy



Children's Community Health Services
*"Working together to enable every child to have
the best health possible"*

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Who do we see?

We provide a service for children and young people age 0—18, who have a Manchester GP and who present with a musculoskeletal problem (this is a problem with your joints and muscles)

Where will you be seen?

Our Service is citywide and we run clinics from various venues throughout your area.

Who may be involved?

We work in partnership with families, carers, education, medical and health colleagues to ensure you receive high quality care.

Physiotherapy students may be present. Please let your physiotherapist know if you are not happy with this.

Your first appointment

- **It is important you attend the first appointment with your parent or carer**
- We will already know a little bit about you from the referral but we will need you to provide us with further information
- The physiotherapist will then complete a detailed assessment and may require you to get undressed.
- We will discuss with you and your parent/carer if physiotherapy can help and how often you have to come
- The appointment can take up to an hour

What should you bring?

- **Please bring suitable clothing such as shorts**
- Please also bring any splints or insoles that you use as well as your regular footwear

What does the physiotherapist do ?

After assessment and discussion we will agree treatment goals and a treatment plan with you.

A physiotherapy programme may be given to you which may include

- Exercises
- Stretches
- Taping

We may refer you to other professionals.

Who does the physiotherapy ?

Physiotherapy exercises and programmes should be carried out by the child with the help of family and anyone who supports the child. This can be done as part of the child's day and incorporated into their daily routine.

