

Ellesmere Port Physiotherapy Department

Ellesmere Port Hospital
114 Chester Road
Whitby
Ellesmere Port
CH65 6SG
01244 362971

Opening times

Monday, Tuesday & Thursday 8.30am-4.30pm
Wednesday 8.30am-5.30pm
Friday 8.30am-5.00pm

Chester Physiotherapy Centre

Fountains Health
Delamere Street
Chester
CH1 4DS
01244 385335

Opening times

Monday, Tuesday & Friday 8.30am-4.30pm
Wednesday & Thursday 8.30am-5.30pm

Tarporley Physiotherapy Department

Tarporley Hospital
Park Road
Tarporley
CW6 0AP
01829 733559

Opening times

Monday-Friday 8.30am-4.30pm

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **May 2015** and is due for review in **May 2017**.

Leaflet code: F-MP-12-531



Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Musculoskeletal Physiotherapy

What you need to know

Care • Well-being • Partnership

Why do you get this letter?

Your GP or consultant wanted you to see us because you may have problems with:

- Back and neck pain
- Bones, joints or muscle pain
- Sport injuries



Where is the physiotherapy department?

This depends on where your referral has been sent or where you chose to go. The three main departments are at Chester, Ellesmere Port and Tarporley.

The addresses and telephone numbers are on the back of this leaflet.

How do you make an appointment?

Ring the telephone number on the letter that came with this leaflet and we will give you an appointment.

What do you do if you cannot come to the appointment?

You need to ring us at least one day before the appointment to let us know and we will give you a new appointment. If you don't let us know, we may discharge you and let your GP know.



What will happen at the appointment?

- You need to turn up on time.
- At your first appointment we will assess the problem and see what we can do to help.

- Bring a list of your medication.
- You might need to take off some clothes so we can look at the problem area. Shorts or a vest top might make you feel more comfortable.
- The physiotherapist may give you advice, information, treatment and home exercises. It is very important you do the things you are advised.



Anything else you might want to know?

If you have hearing difficulties we have a hearing loop available.

If you want a chaperone or interpreter, please tell us this when you ring.