

Service:
Physiotherapy

Get up and go!

A guide to promoting
independence and wellbeing
during your hospital stay



Exceptional healthcare, personally delivered

The Role of a ward Physiotherapist

- Physiotherapists can make a plan for you to help with your discharge out of hospital.
- Other ward staff may help you to get dressed and out of bed if you need support.
- We are here to help make you safe to leave hospital and support you with any concerns you may have.

Exercises - in the bed or chair

Marching on the spot

Repetitions

Frequency



Heel toe raises with rotations

Repetitions

Frequency



Knee Extension Holds

Repetitions

Frequency



Bottom clenches

Repetitions

Frequency



What you can do to help yourself

Aim to:

- have your walking aid with you in hospital
- have your normal footwear with you in hospital as well as any adaptations or splints/insoles you may require.
- wear your own clothes from home.
- sit out at meal times.
- use the bathroom as you can when able.
- complete your exercises as advised.

Any additional information:

How to contact us:



Please contact a member of staff on the ward who will notify us of your request.



www.nbt.nhs.uk/physiotherapy

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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take part...
be involved...
in research

While in our care, you may be invited to take part in a research study.

To find out more visit:
www.nbt.nhs.uk/research

The leaflet features a collage of images showing diverse people, including children and adults, engaged in various activities.



Southmead
Hospital Charity

southmeadhospitalcharity.org.uk

Southmead Hospital Charity raises funds for departments and wards throughout the Trust, meaning you can support an area close to your heart

The logo consists of stylized human figures in various colors (green, blue, purple) holding hands, forming an arch over the text.