Therapy and Rehab
Physiotherapy

PATIENT INFORMATION

Community and home physiotherapy

Expert care closer to home · Flexible · Convenient · Person-centred

Physiotherapy in your home or community to help you recover, maintain mobility and remain as independent as possible.



WHAT IS COMMUNITY AND HOME PHYSIOTHERAPY?

A physiotherapy service delivered in your own home or another suitable community setting when this is appropriate for your needs.

- Assessment and personalised treatment
- Mobility and exercise rehabilitation
- Support following hospital discharge
- Help managing pain, stiffness and reduced function
- Balance, falls-risk and confidence work
- Advice for patients and carers

Rehabilitation in a setting that works for you

Receiving physiotherapy at home can make it easier to work on the activities that matter in your own environment. Your physiotherapist can consider your mobility, daily routine, home layout and personal goals when planning your rehabilitation.

RECOVER AT HOME

Continue rehabilitation in a familiar environment, where suitable.

BUILD INDEPENDENCE

Work towards greater confidence with everyday activities.

PRACTISE REAL TASKS

Address transfers, walking and household activities in context.

PERSON-CENTRED CARE

A programme shaped around your needs, abilities and goals.

Care that starts with your needs

We will discuss whether a home or community appointment is suitable and agree the most appropriate approach following an individual assessment.

Who may benefit from home physiotherapy?

Home and community physiotherapy may be helpful when a person's health, mobility, circumstances or rehabilitation goals make a clinic appointment difficult or less suitable. The service is considered individually; it is not necessary to have a particular diagnosis to enquire.

After a hospital stay

People who have become weaker, less mobile or less confident following an illness, operation or prolonged hospital admission. Rehabilitation may focus on rebuilding strength, balance, walking and everyday function.

After surgery or an injury

People who need support to regain movement and function at home, taking account of surgical instructions, precautions and advice from their treating team.

Reduced mobility or difficulty attending a clinic

People who find travelling, using transport, managing stairs or getting in and out of a building difficult.

Older adults and falls-related concerns

People who would benefit from assessment of balance, walking, strength, transfers and confidence with everyday movement.

Long-term health conditions

People living with musculoskeletal, neurological or other long-term conditions where physiotherapy input may help address mobility, physical function or self-management goals.

Support with everyday activities

People who want to work on practical tasks such as getting out of a chair, moving around the home, using stairs, getting in and out of bed or accessing the garden.

Is a home visit right for you?



A home visit may be appropriate if the environment is suitable and the physiotherapist can safely provide the required assessment and treatment. Some rehabilitation goals may be better addressed in a clinic or another setting. We can discuss your circumstances before arranging an appointment.

We may ask a few questions about access to your property, stairs, parking, available space and any equipment you use so that the visit can be planned appropriately.

Your home is part of the rehabilitation context

Where appropriate, exercises and functional practice can be linked to the activities and challenges you experience every day.

What does the service include?

Your physiotherapist will work with you to understand what is difficult, what you would like to achieve and how rehabilitation can fit into your everyday life.

Assessment in your own environment

The assessment may include discussion of your medical history, symptoms, medication, previous treatment, current mobility and personal goals. With your consent, your physiotherapist may assess relevant movement, strength, balance, transfers, walking and functional activities. The home environment may also be considered where it affects safety or independence.

Your assessment may consider:

MOBILITY
Moving around indoors and outdoors, walking aids and transfers.

STRENGTH
Relevant muscle strength, endurance and physical capacity.

BALANCE
Balance, coordination and confidence where appropriate.

DAILY TASKS
Getting up, stairs, bed mobility and other meaningful activities.

Your personalised rehabilitation plan

Following the assessment, your physiotherapist will discuss the findings and agree priorities with you. Your plan may include:

1. **Therapeutic exercise**
   Individually selected exercises to address strength, movement, flexibility and endurance.
2. **Mobility and walking practice**
   Supported practice of walking and movement, with appropriate walking aids where indicated.
3. **Transfers and functional rehabilitation**
   Practising relevant tasks such as sit-to-stand, bed mobility and moving between surfaces.
4. **Balance and falls prevention**
   Exercises and advice where appropriate to improve balance, confidence and safer movement.
5. **Education and self-management**
   Guidance for you and, where appropriate, your family or carers on exercise, pacing, positioning and managing day-to-day activity.
6. **Equipment and onward advice**
   Recommendations or signposting may be discussed if additional equipment, assessment or input from another service appears necessary.

Before your first home visit

- Tell us about the main difficulties you are experiencing and what you hope to achieve.
- Let us know about relevant diagnoses, recent hospital admissions, operations, injuries and medical advice or precautions.
- Have a list of current medication available, if possible.
- Tell us about stairs, access, parking, pets, equipment or any other practical considerations.
- Wear comfortable clothing that allows you to move safely. Have your walking aid or usual equipment nearby.

Where we work

We provide physiotherapy across West Yorkshire, with clinics in Leeds, Wakefield and Batley, as well as home and community appointments where available and appropriate.

Frequently asked questions

Do I need a referral?

You can enquire directly. If you have been given specific instructions or precautions by your hospital or medical team, please share these with us.

Can you help if I cannot walk very far?

Your physiotherapist can assess your current mobility and discuss appropriate goals. Rehabilitation may begin with bed mobility, transfers, standing or short-distance movement if clinically suitable.

Can a family member or carer be present?

Yes, if you wish. Their involvement can be helpful, particularly when discussing daily activities, support needs and an exercise programme.

Do you provide clinic appointments too?

Yes. Appointments are available at our clinics in Leeds, Wakefield and Batley, subject to availability and suitability.

Do you visit people who have just left hospital?

Home physiotherapy may be suitable after hospital discharge, depending on your medical stability, needs, goals and the suitability of the home setting. Please contact us to discuss your circumstances.

Will you bring equipment?

The equipment required depends on the assessment and treatment planned. Please tell us about any equipment you already use. We will discuss what is needed for your appointment.

How many visits will I need?

This varies according to your needs, goals and progress. Your physiotherapist will discuss a suitable plan and review it as your circumstances change.

IMPORTANT

Home physiotherapy is not an emergency service. If you experience sudden severe symptoms, chest pain, severe breathlessness, signs of stroke or another medical emergency, call **999**. For urgent medical advice that is not an emergency, contact **NHS 111** or your GP.

Start your recovery journey

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SCAN TO BOOK

This leaflet provides general information and does not replace an individual clinical assessment or medical advice. Treatment recommendations depend on your presentation and relevant clinical guidance.