Therapy and Rehab
Physiotherapy

PATIENT INFORMATION

Musculoskeletal physiotherapy

Assessment · Treatment · Rehabilitation

Expert, evidence-informed care for muscle, joint and movement problems.



WHAT WE HELP WITH

Assessment and treatment for a wide range of muscle, joint and movement conditions:

- Joint and muscle pain
- Back and neck problems
- Shoulder, arm and hand conditions
- Hip, knee, foot and ankle problems
- Sports and activity-related injuries
- Recovery after injury or surgery

A personalised approach to your recovery

Musculoskeletal problems can affect how you move, work, sleep, exercise and manage everyday activities. Our physiotherapy service aims to understand what is contributing to your symptoms and how they affect your life. We will assess your condition, discuss your goals and agree an individual plan with you.

Your treatment plan may combine advice, hands-on techniques where appropriate, tailored exercises and practical strategies to help you manage your condition and make progress.

RELIEVE PAIN

Understand symptoms and explore suitable ways to reduce pain and uncertainty.

RESTORE MOVEMENT

Improve mobility, strength, flexibility and physical function.

RETURN TO ACTIVITY

Build towards work, sport, hobbies and everyday tasks.

SELF-MANAGEMENT

Learn strategies and exercises to support longer-term progress.

Your role in recovery

Your active participation is an important part of rehabilitation. We will help you understand your programme and agree realistic activities to work on between appointments. Tell your physiotherapist if an exercise causes unexpected symptoms or if your condition changes.

Conditions we can help you manage

Musculoskeletal physiotherapy supports people with a wide range of problems affecting muscles, joints, bones, tendons, ligaments and nerves. Your symptoms may have started suddenly, developed gradually or returned after a previous episode.

Back and neck pain

Pain, stiffness or restricted movement in the neck or back, including symptoms that affect sitting, standing, lifting, sleep or daily activity.

Shoulder, elbow, wrist and hand problems

Pain or difficulty with reaching, lifting, gripping, dressing, work tasks or hobbies.

Hip, knee, ankle and foot problems

Joint or soft-tissue symptoms that affect walking, stairs, standing, balance, exercise or other functional activities.

Muscle, tendon and ligament injuries

Strains, sprains, tendon-related pain and other soft-tissue problems following activity, sport or everyday movement.

Sports and activity-related injuries

Rehabilitation to help you recover capacity, rebuild strength and return progressively to your chosen activity.

Post-injury and postoperative rehabilitation

Support following an injury or an operation, taking account of relevant medical and surgical advice and precautions.

Your first physiotherapy assessment

Your physiotherapist will ask about your symptoms, medical history, general health, previous treatment and the activities you would like to return to. You will have time to explain what is important to you and ask questions.

The physical assessment will be guided by your presentation and may include:

MOVEMENT AND FUNCTION

How you move and which activities are difficult or limited.

STRENGTH AND CONTROL

Relevant muscle strength, endurance, coordination and control.

JOINT AND SOFT TISSUE

Appropriate assessment of joint movement and surrounding tissues.

GOALS AND PRIORITIES

The activities you want to improve and what matters most to you.

The assessment is adapted to your needs. Not every test or technique is suitable for every person, and your consent will be sought before examination or treatment.

Your treatment and rehabilitation plan

There is no single treatment programme that is right for everyone. Your physiotherapist will explain the options and agree a plan that reflects your assessment findings, goals, preferences and circumstances.

1 Education and advice

Understand your condition, likely contributing factors and practical ways to manage symptoms. Advice may include pacing, activity modification, work or daily-living adjustments and strategies for flare-ups.

2 Therapeutic exercise

A tailored programme may include mobility, strengthening, stretching, balance, coordination, endurance or functional exercises. The programme is progressed according to your response and goals.

3 Manual therapy, where appropriate

Hands-on techniques may be considered as part of a wider rehabilitation plan when clinically appropriate. They are not suitable or necessary for every condition.

4 Functional rehabilitation

Practise and build capacity for tasks that matter to you, such as walking, stairs, lifting, reaching, work activities, sport or hobbies.

5 Return to sport and activity

A progressive approach can help rebuild strength, control, confidence and tolerance for the physical demands of your chosen activity.

6 Self-management and prevention

Learn how to continue your exercises, recognise changes in symptoms and manage your activity beyond your appointments.

A plan based on your needs

Your physiotherapist will discuss the findings with you and explain the recommended next steps. Goals may be short-term, such as improving a particular movement, and longer-term, such as returning to work, sport or independent daily activities.

Your programme may change as you improve, if your symptoms change or if further assessment or medical advice is needed. We do not assume that everyone needs the same exercises or the same number of appointments.

Where can you receive physiotherapy?

Physiotherapy can be arranged according to your needs and the service available in your area.

Clinic appointments	Assessment and treatment at our clinics in Leeds, Batley and Wakefield, subject to appointment availability.
Home and community visits	Where appropriate, physiotherapy may be provided in your home or community setting. This can be useful when travel is difficult or when your goals relate to activities in your own environment.
Before your appointment	Bring details of relevant scans, reports, medication or previous treatment if available. Wear comfortable clothing that allows the area being assessed to be examined and moved, where appropriate.

Frequently asked questions

Do I need a GP or consultant referral?

You can contact us directly to discuss a private physiotherapy appointment. A GP or consultant referral is not generally needed. If your symptoms or medical history indicate that medical assessment is needed first, we will explain this and advise you on the appropriate next step.

Will physiotherapy be painful?

Some movement or treatment may temporarily reproduce familiar symptoms, but treatment should be appropriate to your condition and tolerance. Tell your physiotherapist if you are uncomfortable or concerned.

How many sessions will I need?

This varies depending on the condition, its duration, your goals and how you respond. Your physiotherapist will review progress with you and discuss whether further appointments are appropriate.

Can physiotherapy help long-standing pain?

Physiotherapy may help you understand and manage persistent symptoms, improve movement and function, and develop strategies for activity. Outcomes differ between individuals.

Can I continue working or exercising?

Often the aim is to help you remain as active as appropriate. Your physiotherapist can discuss how to adapt activities and build them up safely for your situation.

WHEN TO SEEK URGENT MEDICAL HELP

Seek urgent medical assessment if you develop new loss of bladder or bowel control, numbness around the saddle area, rapidly worsening or significant weakness, or severe symptoms following major trauma. If you think you may be experiencing a medical emergency, call **999**. For other new, severe or concerning symptoms, contact **NHS 111** or your GP as appropriate.

Let's discuss your physiotherapy needs

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SCAN TO BOOK

This leaflet provides general information and does not replace an individual clinical assessment or medical advice.