Therapy and Rehab
Physiotherapy

PATIENT INFORMATION

Physiotherapy after a long hospital stay

Rebuilding strength, confidence and everyday independence – at a pace that is right for you.



Rebuilding everyday movement with the right support, equipment and a programme shaped around your needs.

Leaving hospital is an important milestone. After a long stay, though, you may find that everyday activities take more effort than before. You might feel weaker, less steady on your feet, more tired, or less confident moving around.

Physiotherapy can help you understand your current abilities, work towards meaningful goals and develop a plan for recovery. We look at the person as a whole – not simply the time spent in hospital or a diagnosis.

You do not have to work everything out on your own.

We begin by understanding what matters to you, what has changed and what support may be helpful now.

Who may benefit?

- People whose hospital stay has affected their strength, stamina, balance or mobility.
- People who have become less active or less independent during illness, surgery or recovery.
- People who feel unsteady, have difficulty with transfers, or need help rebuilding confidence with walking.
- People who are finding daily activities – such as washing, dressing, preparing meals or getting out of a chair – more difficult.
- People who would benefit from a structured rehabilitation plan after discharge.

Your starting point is individual. Physiotherapy is adapted to your health, current abilities, goals and the advice of your wider healthcare team.



Rehabilitation can continue at home, where this is suitable for you.

What can change after a long hospital stay?

A period of illness, reduced activity or time in hospital can affect several aspects of physical function. The changes are different for everyone and may include:

Strength

Reduced muscle strength, making it harder to stand up, climb steps or carry out daily tasks.

Stamina

Getting tired more quickly or needing longer periods of rest.

Balance and confidence

Feeling less steady, cautious or worried about falling.

Mobility

Difficulty walking, changing position, getting in and out of bed or moving around the home.

Flexibility and movement

Stiffness or reduced movement after periods of inactivity or surgery.

Everyday independence

Needing more help with activities that were previously manageable.

What happens at your first assessment?

Your physiotherapist will take time to understand your recent hospital stay, current health and what you would like to achieve. The assessment may include:

1. A discussion about your medical history, hospital admission, surgery (if relevant), current symptoms and recovery so far.
2. Review of your mobility at home, the activities you find difficult and the support or equipment you currently use.
3. Assessment of movement, strength, balance, walking and physical capacity where appropriate and safe.
4. Consideration of fatigue, pain, breathlessness, confidence and how symptoms affect daily life.
5. Discussion of your priorities, personal goals and any concerns about returning to activity.

A plan based on your needs

The findings help your physiotherapist identify appropriate priorities and agree a rehabilitation plan with you. The plan may change as your health, confidence and abilities improve, or if further assessment or medical advice is needed.

We do not assume that everyone needs the same exercises or the same length of treatment. Your programme is individual and should reflect your clinical presentation and circumstances.

How can physiotherapy help?

Depending on your assessment and what is safe and appropriate, rehabilitation may include a combination of the following:

1 Getting moving safely

Practising bed mobility, sitting, standing, transfers and walking. We can work on making movement more controlled and building confidence with everyday tasks.

2 Strength and physical capacity

Individual exercises to work on strength and the physical capacity needed for activities that matter to you. Exercises are progressed in line with your response and abilities.

3 Balance and falls confidence

Where appropriate, exercises and practical strategies to improve balance, steadiness and confidence when moving around.

4 Walking and mobility practice

Working on walking ability, walking pattern, distance, turning and use of prescribed or recommended walking aids where appropriate.

5 Stamina and activity tolerance

A graded approach to increasing activity, with attention to fatigue, rest and recovery. The aim is to help you manage activity more confidently.

6 Movement and flexibility

Appropriate movement exercises to address stiffness or restrictions that may be affecting function.

7 Everyday activity and self-management

Planning how to practise useful activities at home, pace activity and continue appropriate exercises between appointments.

✓ Progress at the right pace

Rehabilitation is not a race. Some days may feel easier than others, and rest and recovery are part of a sensible plan.

Your physiotherapist will monitor how you respond and adapt the programme accordingly, particularly when fatigue or other health conditions are present. Your programme may be reviewed and progressed as your function changes. If your presentation suggests that another healthcare professional or service should be involved, this can be discussed with you.

Where can you receive physiotherapy?

Therapy and Rehab offers appointments at our clinics and, where available and appropriate, home and community visits. The most suitable setting will depend on your needs, mobility, clinical presentation and location.

Clinic appointments	Appointments at our clinics in Leeds, Wakefield and Batley.
Home and community visits	Assessment and rehabilitation in your own environment may be considered when travelling to a clinic is difficult or when practising everyday activities at home is particularly helpful.
Planning your first appointment	When you contact us, please tell us about your recent hospital stay, current mobility, any relevant precautions and the type of support you are looking for.

Frequently asked questions

How soon should I start physiotherapy after a long hospital stay?

As soon as your medical condition is stable and it is appropriate to do so. Your discharge advice, medical condition and any precautions should guide when and how rehabilitation begins. If you are unsure, speak to your healthcare team before starting.

What can physiotherapy help me regain?

Physiotherapy can help you work towards improving strength, stamina, balance, mobility and confidence with everyday activities. The extent and pace of progress vary from person to person.

Can I receive physiotherapy at home?

Home and community visits may be available. Please contact us as early as possible to discuss your needs, location and availability.

How long will rehabilitation take?

Recovery varies according to your health, the effects of your hospital stay, your starting abilities and your goals. Some people need a shorter period of support; others may benefit from a longer and more comprehensive programme. Your physiotherapist will review progress and adapt your programme.

WHEN TO SEEK URGENT MEDICAL HELP

If you have sudden severe symptoms, chest pain, severe breathlessness, signs of stroke, sudden weakness, new confusion or a serious fall or injury, call **999**. For urgent advice that is not an emergency, contact **NHS 111** or your GP.

Let’s discuss the right support for you

TELEPHONE 07908 331234

EMAIL info@therapyandrehabphysiotherapy.com

WEBSITE www.therapyandrehabphysiotherapy.com

CAMPAIGNS www.therapyandrehab.uk

SCAN TO BOOK

Important information: This leaflet provides general information about our physiotherapy service. It does not replace medical advice, discharge instructions or an individual assessment. Please follow any restrictions or precautions given by your hospital or medical team.