

PHYSIOTHERAPY AT THE BRIGHTWELL



Each of our physiotherapists are members of the Chartered Society of Physiotherapy and registered with the Health & Care Professions Council, as well as being members of the Association of Physiotherapists with a Special Interest in Neurology. The department also benefits from the support of a brilliant and dedicated team of physio assistants.

TYPES OF PHYSIOTHERAPY

• Individual treatment sessions

- * By appointment
- * Can be weekly/fortnightly/monthly or as needed
- * With agreed aims and goals

Anyone attending individual treatments will have to wear a fitted face mask, we will provide a sterilised visor for you to wear as required for the duration of your session.

• Exercise classes

- * Aim to maintain and improve:
 - ◇ Normal patterns of movement
 - ◇ Balance and co-ordination
 - ◇ General fitness
- * Encourages group interaction
- * Finishes with guided relaxation

• Group physiotherapy

- * More individual support from a therapist
- * Exercises tailored to the groups collective needs: e.g. upper arm strength, balance

Before undertaking any kind of physiotherapy, whether virtual or physical, all members first have to complete a consent form. We would prefer you visit our website to complete this thebrightwell.org.uk/consent, or you can complete the attached form. Once you've returned this along with the subjective assessment one of the team will contact you to arrange a virtual assessment this will then be followed by a face to face assessment.

THE AIMS OF PHYSIOTHERAPY

• Prevent or reduce

- * Muscle spasms
- * Ataxia
- * Secondary problems

• Maintain and Improve

- * Joint mobility
- * Muscle power
- * Balance and co-ordination
- * Normal patterns of movement
- * Function
- * General Fitness

• Provide general advice and support when individuals need it most

SOME OF OUR GYM EQUIPMENT

- Tilt table
- Passive/Active exercise bikes
- Parallel bars
- Standing /walking frames including the Evolve-Shadow and Easyglide 6000
- Balance master
- Balance trainer
- Cross trainer
- Vibro - Gym
- Exercise with oxygen therapy
- Boccia equipment

PHYSIOTHERAPY AND COVID-19

Before you attend any physiotherapy appointment at the Centre we recommend you familiarise yourself with the **'Physiotherapy Operating Procedures'** and the **'COVID -19'** documents available on our website at thebrightwell.org.uk/physio. You will also find a short video that shows you what to expect when you visit.

Further down the page is the [online consent form](#) that we require you to complete before you are offered a face to face or virtual appointment.

We know this is a lot of information for anyone to absorb and please be assured we understand how daunting all of this can seem. If you need any help call us on 01454 201 686 and we will do our best to talk you through the steps. The measures we've put in place have been recommended by the Chartered Society of Physiotherapist as the safest way for physiotherapy to continue during the COVID-19 outbreak.

What to expect if you are offered a face to face appointment;

- Your therapist will check that you are not displaying, or feeling any of the main symptoms of COVID-19
- You will need to wear your own fitted face mask throughout your time inside the Centre
- We will provide you a sanitised face shield to wear in addition to your mask
- If you are unable to wear a fitted face mask for any reason we will bring you a face shield to put on before you enter the Centre, this should be returned to us by placing it in the box in the foyer as you leave the building
- Your forehead temperature will be taken and if this is more than 38°C, your therapy session will be terminated immediately
- You will follow general advice on social distancing and hand hygiene, hand sanitising gel is available throughout the physiotherapy gym and the Centre

Full PPE, as advised by Public Health England, will be used by your therapist. This includes single use disposable gloves, single use disposable plastic apron, single or sessional use fluid-resistant (Type IIR) surgical mask, single or sessional use eye/face protection.

UNDER NO CIRCUMSTANCE SHOULD YOU VISIT THE BRIGHTWELL IF YOU ARE EXHIBITING ANY OF THE SYMPTOMS OF COVID-19

The main symptoms of Covid-19 are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus will have at least one of these symptoms.

CONSENT FORM

If you have **ANY** of the main symptoms of COVID-19 you must;

- Stay at home (self-isolate) - do not leave your home or have visitors. Anyone you live with and anyone in your support bubble must also self-isolate
- Get a test - Get a test to check if you have COVID-19 as soon as possible . Anyone you live with and anyone in your support bubble should also get a test, do not visit the Centre while you await your test results

To book a test visit <https://www.nhs.uk/ask-for-a-coronavirus-test>

You are at a higher risk (Clinically Extremely Vulnerable) of contracting COVID-19 if you have any of the conditions listed below, please check any and all that apply.

Please note this list may not include everyone who is at a higher risk. To view the most up to date guidelines visit; gov.uk/guidelines (section 9)

<input type="checkbox"/>	Had an organ transplant
<input type="checkbox"/>	Currently undergoing chemotherapy, antibody treatment or immunotherapy
<input type="checkbox"/>	Are taking Tecfidera or any other Disease Modify Drugs
<input type="checkbox"/>	Are having radical radiotherapy for lung cancer
<input type="checkbox"/>	Are having targeted cancer treatments that may affect your immune system
<input type="checkbox"/>	Have blood or bone marrow cancer (i.e. leukaemia, lymphoma or myeloma)
<input type="checkbox"/>	Have had a bone marrow or stem cell transplant in the past 6 months or are taking immunosuppressant medicine
<input type="checkbox"/>	Have been told that you have a severe lung condition (i.e. cystic fibrosis, severe asthma, or severe COPD)
<input type="checkbox"/>	Have a condition that means you have a high risk of infections (SCID or sickle cell)
<input type="checkbox"/>	Are taking a medicine that makes you much more likely to get infections (high doses of steroids, immunosuppressant medicine)
<input type="checkbox"/>	Have a serious heart condition AND are pregnant
<input type="checkbox"/>	None of the above

If you are at a high risk from COVID-19 you will receive a letter from the government which will set out the details of what to expect during tier restrictions or lockdowns. Generally the advice is for you to stay at home as much as possible, though you are encouraged to go outside for exercise.

If you think you should have been contacted but haven't been speak to your regular GP or hospital care team.

If you are at high risk we may not, at this time, offer you a face to face appointment at the Centre but we will provide other options, such as virtual appointments or self management tools, to help you manage your condition.

You are at moderate risk (Clinically Vulnerable) of contracting COVID-19 if you have any of the conditions listed below, please check any and all that apply. Please note this

list may not include everyone who is at moderate risk. To view the most up to date guidelines visit;

[gov.uk/guidelines](https://www.gov.uk/guidelines) (section 9)

<input type="checkbox"/>	Are aged 70 or older
<input type="checkbox"/>	Have lung condition that is not severe (such as asthma, COPD, emphysema or bronchitis)
<input type="checkbox"/>	Have heart disease (such as heart failure)
<input type="checkbox"/>	Have diabetes
<input type="checkbox"/>	Have chronic kidney disease
<input type="checkbox"/>	Have a liver disease (e.g. hepatitis)
<input type="checkbox"/>	Have a chronic neurological condition (for example; Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
<input type="checkbox"/>	Have a condition that means you have a high risk of getting an infection
<input type="checkbox"/>	Are taking medicine that can affect the immune system (like low dose steroids)
<input type="checkbox"/>	Have a body mass index (BMI) of 40 or above
<input type="checkbox"/>	Are pregnant

If you are at moderate risk from COVID-19 it is very important that you follow the government advice on trying to remain in your home as much as possible, when you do leave you must maintain social distancing measures and wear a face mask. Unlike people who are high risk you will not receive a letter from the government.

If you are offered face to face therapy at the Centre the following will happen before every session;

- Your therapist will ask some COVID-19 screening questions before you enter the treatment area
- Everyone who enters the building must wear a fitted face mask for the duration of their time here. During your physio appointment we will provide you with a sanitised face shield to wear over your mask
- Your temperature will be taken and if it is more than 38°C your therapy session will be terminated and you will have to leave the building
- Social distancing is to be maintained and hand sanitising gel is provided throughout the Centre

In addition your therapist will wear the recommended PPE to protect both themselves and you.

By signing this consent you agree that you understand;

- The mechanisms and risks of transmission and exposure to COVID-19
- The nature of close contact during a physiotherapy session
- Infection prevention and control measure taken as set out in both the physiotherapy operating procedures and Centre operating procedures
- The risks associated with a face to face appointment

Signature			
Print name		Date	

RECOMMENDED CONTRIBUTIONS FOR TREATMENTS

MC = Suggested Minimum Contribution

We fundraise to subsidise the cost of the therapies below for our members. We encourage people to contribute towards therapies (**MC**) if they are able to.

Once a therapy routine is established we prefer that you create a standing order that your contributions are made, in advance, at the beginning of each month.

Receiving therapy at The Brightwell will never be denied for financial reasons, if you are unable to contribute, please make an appointment to speak to the Centre Manager in confidence.

<p>Oxygen Therapy</p> <p>Monday to Friday, subject to availability</p> <p>Each session lasts 1 hour 15 minutes, please remember to arrive 15 minutes before your session starts.</p> <p>Contributions for members with neurological conditions</p> <p>Initial block 15/20 sessions MC £30 p/w Individual sessions MC £15</p> <p>Contributions for members with other health conditions</p> <p>Initial block 15/20 sessions, 3 per week £50 Single session £20 each</p> <p>20% discount for advance payments for 5, or more, booked sessions</p>	<p>Neuro-Physiotherapy</p> <p>Individual Appointments - 30 minutes</p> <p>weekly/fortnightly appointments available</p> <p>Monday to Friday, subject to availability</p> <p>Lead Physio: Amrik Singh Sidhu MC £30</p> <p>Physio: Carmen Cristea MC £25</p> <p>Physio Assistant: Louise Hadley MC £20</p> <p>Assessment: required before starting any therapy MC £30</p>
<p>Exercise Class</p> <p>Run by the Neuro-Physiotherapy Team</p> <p>All classes and groups except for those shown below are currently on hold because of the Covid-19 pandemic.</p> <p>Delivered via Zoom every Wednesday</p> <p>12 - 12:30 pm seated exercise 12:30 - 1 pm standing exercise</p> <p>Each class MC £8</p> <p>You are welcome to join for both</p>	<p>Gym - Self Treatment</p> <p>Use of Gym Equipment under supervision.</p> <p>This is currently unavailable because of the gym zoning for physiotherapy.</p> <p>MC £5</p> <p>Please ask a member of the team as they may be able to offer you an appointment with our Physio Assistant to use a specific piece of equipment.</p>
<p>Musculoskeletal & Neuro-Physiotherapy</p> <p>For non-neuro clients and carers this can be accessed through the</p> <p>Bristol Therapy Centre Ltd</p> <p>Initial Assessment - 1hr - £60</p> <p>Neuro 30 min sessions - £55</p> <p>Musculoskeletal 30 min sessions - £45</p>	<p>Oxygen Therapy for Sports Injuries</p> <p>Oxygen Treatment can be accessed through the Bristol Therapy Centre Ltd.</p> <p>Yearly Registration to BTC Ltd. £50</p> <p>£25 per session</p> <p>10% discount for advance payments for 5, or more, booked sessions</p>

Please enquire at reception to make an appointment or call 01454 201686