

# Physiotherapy

## Patient Information

Macmillan Allied Health Professionals Team



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## Who we are

The Macmillan Allied Health Professionals Team is based at Wigan and Leigh Hospice.

Physiotherapists are members of a group of health workers called allied health professionals.

## Our role

Physiotherapists will support you with your movement and function to help you participate in activities that are important to you in your daily life.

## Our aims

- To maximise your independence and abilities.
- To improve your quality of life.
- To support you and enable you to remain in your preferred place of care.

To set achievable and realistic goals with you

## What we do

We will ask you questions about your needs and discuss any problems which are important to you.

This will include asking you questions about your:

- Medical history
- Diagnosis
- Medications
- Social support.

We may then ask to see you walking or moving to physically assess your problem.

A relative or carer may be present if you wish.

## Our treatments

- Assessment and prescription of equipment to help with mobility and function.
- Identify ways to help you move around safely, such as from bed to chair or up and downstairs.
- Prescription of exercises to improve your mobility and function.
- Assessment and treatment of joint and muscle pains.
- The use of specialist pain management techniques such as acupuncture and electrotherapy.
- Teach breathing techniques to help ease breathlessness.

Your progress will be monitored and altered as your needs change.

## How to contact us

If you have any questions or queries, which we have not covered in this leaflet, please contact:

### **Macmillan Allied Health Professionals Team**

Wigan and Leigh Hospice  
Kildare Street  
Hindley  
WN2 3HZ

Telephone number: 01942 525566

Monday to Friday 8am until 4pm.

## Useful contacts

### **Macmillan Cancer Support**

[www.macmillan.org.uk](http://www.macmillan.org.uk)  
Macmillan support line: 0808 808 00 00  
Monday – Friday 9am to 8pm

### **Wigan and Leigh Hospice**

Kildare Street  
Hindley  
WN2 3HZ

**Tel: 01942 525566**

[www.wlh.org.uk](http://www.wlh.org.uk)

“Helping you to live life YOUR way”

## Local Community Pharmacy

Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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