Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Falls Balance and Bone Health Clinic

Version number: **3**
Last modified date: **12th November 2026**

Falls, Balance and Bone Health Clinic

Patient Information

Falls prevention service

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What is the falls clinic and why am I attending?

The clinic investigates problems with balance and unsteadiness which often lead to falls.

You have been referred to the falls clinic by your General Practitioner (GP) or a health or social care professional to establish the reason for your fall. It is important that you attend the appointment so the team can assess all your needs and offer advice and treatment if required.

To find out about other people's experience of our falls clinic, please see our Patient Testimonials section on the back page of this leaflet.

What happens at the clinic appointment?

Your appointment may be via telephone or vitually online or in person at clinic or your own home depending on your clinical need.

We will undertake an in-depth assessment, looking at many possible causes to diagnose any underly reason for your falls and loss of balance.

Your clinic appointment may last approximately 30-60 mintues depending on your needs. We try to keep to appointment times, however, delays may occur if someone needs to be seen for longer than planned.

Is there anything I need to do before my appointment?

Having clinical appointments can be an anxious time and it can sometimes help to have a trusted friend, relative or carer with you.. With your permission, they can be present during the appointment to help and support you.

It is a good idea to write down any questions that you want to ask before you your appointment. . Have a pen and paper with you to write down anything that you want to remember.

You will need to have an up-to-date list of your medication.

Part of the assessment may involve walking a short distance within the clinic so you will also need to bring any walking sticks that you use. Zimmer frames are available at the clinic.

What to wear: loose clothing that will not restrict your movement.

Who will I meet at the clinic?

Based on the information we have received you may be assessed by one or more of the following healthcare professionals:

- The Physiotherapist may assess your balance, movement and mobility.
- The Nurse Consultant may assess possible medical reasons for your balance problems.
- The Occupational Therapist may see you at home after your clinic appointment.

What will happen after the clinic?

Following the appointment, the outcome of the assessment will be explained and discussed with you.

You will be able to ask any questions that you may have.

A written summary of what happened at the appointment and your treatment plan will be sent to you and your GP.

A follow-up appointment will be made for you if appropriate.

Useful information

Additional advice or information is available from the **Falls Prevention Service**.

Telephone: 01942 483 483

Patient testimonials:

“I feel like I have had a full MOT”

“Everything was explained to me clearly”

“The staff were friendly and helpful”

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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