Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Occupational Therapy

Version number: **7**
Last modified date: **12th November 2026**

Occupational Therapy

Patient Information

Occupational Therapy Department

- Author ID: PCR
- Leaflet ref: OT 006
- Leaflet title: Occupational Therapy
- Version: 7
- Last review: May 2024
- Expiry Date: May 2026

Occupational Therapy

Occupational Therapy is concerned with the day to day tasks which you might be finding difficult. Treatment aims to improve your quality of life whilst maintaining your independence. Treatments may include:

- Advice on appropriate equipment to meet your needs
- Advice on how to reduce stress on your joints
- Provision of splints to support your joints if required
- General advice about your condition and how to manage it

An Occupational Therapist may also be called an OT.

Occupational Therapy within the Rheumatology Service

If you are referred to the out-patient service, it operates an appointment only system and you will be placed upon a waiting list. An appointment will be sent by post for you to be assessed as an out-patient by an Occupational Therapist. Following assessment, it may be necessary for you to attend subsequent appointments to complete your programme of treatment.

This service is offered at Wrightington Hospital five days per week (Monday to Friday) and a limited service at Leigh Infirmary. If you are under a Rheumatology Consultant and have any further problems with a splint / support or day to day tasks, you can re-refer yourself to Occupational Therapy by

telephoning the department. Please note that self-referrals are also subject to waiting times.

Where is the Occupational Therapy Department?

At Wrightington Hospital the Occupational Therapist is located in the Therapy Department. Blue badge parking is located near the Therapy Department entrance but is also subject to car parking charges on the hospital sites.

If you are seeing the Occupational Therapist at Leigh Infirmary you will be informed as to the location of the assessment and treatment. All car parking is located at the main entrance to Leigh Infirmary.

Contact Information

Occupational Therapy: 01257 258272

Occupational Therapy Department

Wrightington Hospital

Hall Lane

Appley Bridge

Wigan

WN6 9EP

The name of your Occupational Therapist is:

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