WELLBEING & HEALTH PHYSIO

Preparing for your physiotherapy assessment

Before the appointment

Make a note of your main symptoms, duration, what helps or worsens them, your usual activities and your personal goals.

Bring with you

Relevant medication details, previous imaging reports if available, and comfortable clothing allowing appropriate movement.

What happens

Your physiotherapist will take a history, assess movement and function, explain possible causes, and agree a plan with you.

Important

If you develop severe new weakness, fever with a hot swollen joint, or other serious symptoms, seek urgent medical attention rather than awaiting a routine appointment.

General information only. An individual clinical assessment may lead to different advice.