WELLBEING & HEALTH PHYSIO

Preparing for your first physiotherapy appointment

This practical checklist supports your appointment. It is not a substitute for individual medical advice.

Before you leave home

☐ Confirm the clinic address, time and fee with the team.

☐ Wear comfortable clothing that allows examination of the relevant area.

☐ Bring any relevant test results or reports if specifically requested.

☐ Make a note of your goals and any questions you would like to discuss.

At your appointment

☐ Discuss your symptoms and what you hope to achieve.

☐ Your physiotherapist may assess movement, strength and function.

☐ Ask about options, risks, benefits, likely timescales and any exercise advice.

After your assessment

☐ Make sure you understand your agreed management plan.

☐ Ask how to progress your exercises or activity, if prescribed.

☐ Confirm whether any follow-up or further tests are recommended.

Initial physio	Coventry/Rugby: £70	Wolverhampton: £60
Physio follow-up	£40	£40
Diagnostic scan / suitability	£95 (Coventry/Rugby)	Not listed in Wolverhampton

Enquiries: 07802 379382 | wellbeingandhealthphysio@outlook.com

This is an informational development-stage resource. Do not include private medical information in ordinary email or WhatsApp messages. Appointment availability is confirmed by the clinic.