

Child health information factsheet

Inpatient intensive rehabilitation

You have been admitted to hospital for intensive physiotherapy.

Normally this is due to your condition not improving or making little improvement as an outpatient. You may also have one or more of the following problems:

- High levels of pain
- Need to use aids, a wheelchair, crutches or a frame
- Need help with everyday tasks
- Missing school
- Not being able to do sport or go out with friends.

In hospital

- You will be assessed by a physiotherapist on the day you arrive
- You will be given a weekly timetable showing twice daily physiotherapy sessions for 30 to 45 minutes (this may be in a group or on your own)
- You will be given a specific 24 hour program promoting independence and normal routine
- Have an individualised exercise programme.

Other professionals may also be involved and they can book times on your timetable, they will include:

- Occupational therapists
- Hospital school teachers
- Psychologists
- Play therapists.

You have been admitted to hospital to improve your condition and we all need to work together to ensure this happens.

To get the most of your stay you will need to:

- Set goals with the physiotherapist and work daily to achieve these goals in the order you decide
- Take part in daily sessions regardless of pain.

When you no longer need to come for physiotherapy reward yourself for working so hard and have fun doing all the things you could not do before.

If you have any questions or concerns please contact

The physiotherapy department: 023 8077 7222 ext 4560

Your therapist is

Bleep no

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.