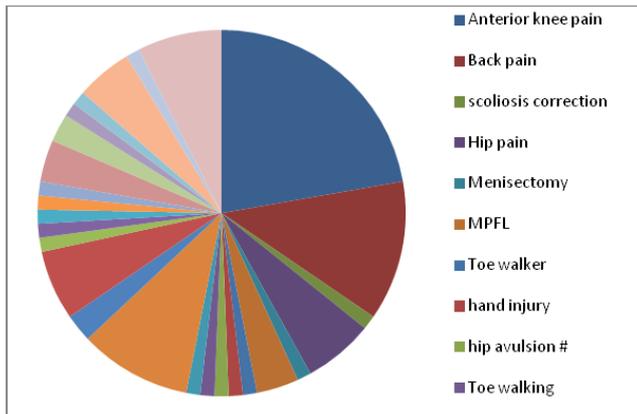


CHILDREN'S ORTHOPAEDIC PHYSIOTHERAPY DISCHARGE QUESTIONNAIRE RESULTS '16

Who comes to physiotherapy?

Children with a wide variety of conditions are treated here. The knee is the most common joint to be seen in physiotherapy with 44% of our patients complaining of **knee problems** (including anterior knee pain and acute knee injuries). The next most common problems treated were **back pain** (15%) followed by **hip pain** (11%)



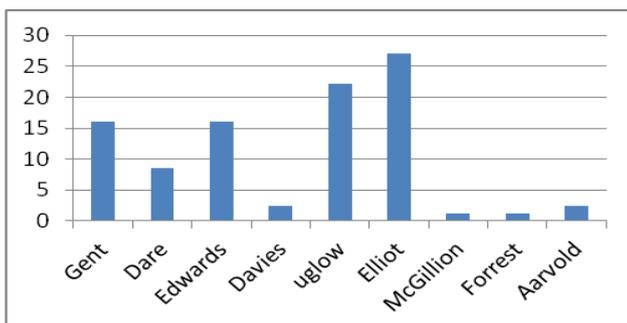
How long will I need physiotherapy for?

The average length of treatment can vary, however the mean average is 4 sessions (not including gym club).

How do I get physiotherapy?

All patients have a referral from a consultant either from clinic, the ward or accident and emergency.

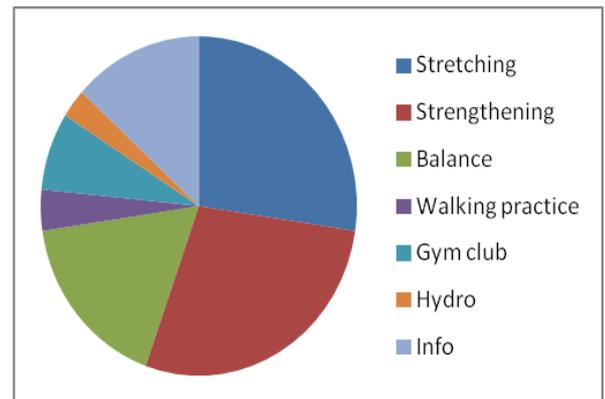
The most common place to be referred, with 97.6% of referrals, is from the orthopaedic clinic.



How useful is the information and exercises given by the therapist?

100% of patients found the advice and exercises given by the physiotherapist useful, very useful or invaluable. 97% found the information very useful and invaluable. 97% of patients also stated they would be able to continue with their exercises independently after discharge.

What treatments will I receive?



Will physiotherapy help my pain levels?

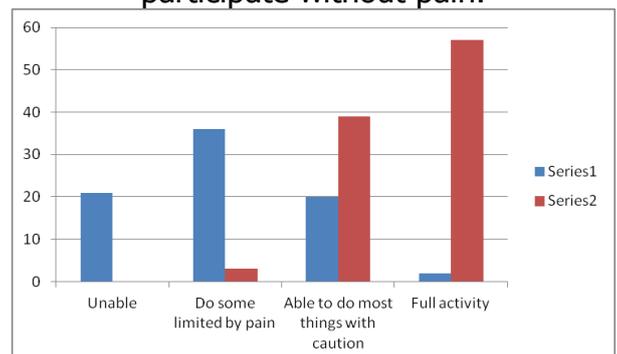
On a score of 0-10, with 0 being no pain and 10 being the worst pain.

The average pain score **before treatment was 8/10.**

The average pain score **post treatment was 1/10**

Will physiotherapy improve my participation in sport?

Before physiotherapy 73% of patients were either unable to participate in sports or limited in activities by pain. After physiotherapy 96% of patients could participate in sport pain free or with caution, 57% of which could participate without pain.



Overall Improvement

92% of patients report an 80-100% overall improvement post physiotherapy. 100% of patients were over 50% improved.

All patients should fill in a discharge questionnaire at the end of their treatment.

PLEASE ASK YOUR THERAPIST