

## Service contact details

The Domiciliary Physiotherapy teams are based at:

The Poplars  
West Park, Horton Lane  
Epsom  
Surrey  
KT19 8PB

T: 01372 734 874

## Need to contact the service?

Please see the Service Contact details section of this leaflet.

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43

Email: [CSH.Feedback@nhs.net](mailto:CSH.Feedback@nhs.net)

Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43  
or email [CSH.Communications@nhs.net](mailto:CSH.Communications@nhs.net)  
to receive this information in large print,  
audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

### A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



CSH Surrey, Head Office  
Ewell Court Clinic, Ewell Court Avenue  
Ewell, Epsom, KT19 0DZ

Company registered number 5700920



## Domiciliary physiotherapy

Information for patients,  
carers and relatives

### Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

## Domiciliary Physiotherapy Service

The Domiciliary Physiotherapy Service provides comprehensive assessments, physiotherapy treatment and advice for elderly people who have been referred to our service by GPs and other healthcare professionals.

We can treat you in your own home or in the residential home or nursing home where you live.

### What do we do?

Physiotherapists help you to regain your physical abilities or make the best use of impaired abilities you might have because of disease or injury.

Therapy is aimed at achieving goals that you and your Physiotherapist will agree following an assessment. These goals will be recorded in your treatment plan.

### How do we do this?

We assess your physical condition and then work with you using various techniques to treat your symptoms. This usually involves putting together a personal exercise plan that meets your specific needs.

We give you advice on how to self-manage your symptoms to maximise your abilities and help you to live as independently as possible.

### How do you get help from our service?

The Domiciliary Physiotherapy Service is mainly for housebound patients or for patients who are best treated at home.

You can be referred to our service by your GP or other healthcare professionals such as nurses or the social care team.

We work with other healthcare professionals such as District Nurses and Social Care teams to make sure you get the treatment you need.

### What treatment will I be given?

Your treatment may include:

- Exercises and advice on self-management
- Advice on how to prevent falls
- Acupuncture
- Ultrasound therapy
- Advice about and provision of walking aids.

### What happens when the Physiotherapist stops visiting?

As well as discussing your treatment plan with you and talking through the exercises to ensure you understand what to do, the Physiotherapist will leave written instructions for you to keep and details of how to contact them if you need to.

If you continue with the exercises the Physiotherapist gives you, they may help to stop your health problems getting worse.

Your Physiotherapist will discuss with you when you are ready to be discharged from the service.

“The physiotherapist was extremely pleasant and very confident and I felt much better for the treatment after each session.”



Patient