

Information about your therapy appointments after a lower limb amputation

Prosthetic Rehab Service

Information for patients and carers

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Caring for you

Introduction

You have been offered an appointment for rehabilitation following your amputation. This leaflet explains what to expect and answers common questions about attending your appointments.

Questions

Where should I come to?

Your appointment will take place in the Prosthetic Rehab Clinic.

Please book in at the Main Physiotherapy Outpatient Department reception.

Address: Physiotherapy Outpatient Department, Appleton Wing, Warrington Hospital, Lovely Lane, Warrington WA5 1QG

You will be asked to wait in the physiotherapy waiting area. A member of staff will come to direct / assist you to the clinic.

How do I travel to the appointments?

If possible, we recommend a relative or friend brings you and takes you home.

If you cannot arrange your own transport and need to use the ambulance patient transport service, please contact:

- **Warrington residents**
 - West Midlands Ambulance Service
 - 0345 425 0050 (local rate)
 - ptsenquiries@wmas.nhs.uk
- **Merseyside residents**
 - North West Ambulance Service
 - 0800 0323 240
 - www.nwas.nhs.uk/services/pts/

How often are the appointments?

Clinics run Monday to Wednesday.

At your first appointment, you will be given details of future appointments.

How long is a treatment session?

Please allow 60 to 90 minutes.

How long will I have to attend for rehabilitation?

Following assessment, you will agree to treatment goals and a plan with the therapist.

The therapist will then be able to give an approximate time plan for the amount and frequency of treatment you will need.

The treatment plan will almost certainly involve you following an exercise programme at home which will form an important part of the rehabilitation process.

As a guide, if you are going to use an artificial (prosthetic) limb then treatment may be up to 12 weeks.

What do I wear?

Please wear either:

- loose-fitting trousers or a skirt
- tracksuit bottoms

You may also need to wear shorts for some sessions.

What do I need to bring?

Please bring a list of your current medication to your first appointment.

Tell us if your medicines change during your treatment.

Please tell your therapist if you are taking medication for diabetes

Exercise can cause blood sugar levels to drop. So, we advise:

- taking your medication as usual before your appointment – tell your therapist if you forget
- bringing a snack with you
- bringing your blood monitoring machine with you
- always tell your therapist if you feel unwell at any time during a treatment session

Is treatment on my own or in a group?

Your first appointment will be with the therapist and a therapy assistant. This allows the therapist to carry out a full assessment and to discuss treatment goals.

What other facilities are available?

We provide a range of shops and facilities for patients and visitors at the hospital. In the main entrance foyer, there are a range of shops and cafes.

Contacts and further information

Outpatient Prosthetic Rehab Service

Call: 01925 275502

Other Useful Contact numbers

Warrington Wheelchair Service

Call: 01925 946080

Email: bchft.warringtonwheelchairservice@nhs.net

Halton and St Helens Wheelchair Service

Call: 01928 582939

Email: bchft.haltonwheelchairservice@nhs.net

If you have a wheelchair supplied by the wheelchair service, you can contact them directly about any problems, servicing, or questions about your wheelchair.

Wirral Limb Centre

Call: 0151 482 7812

Warrington Disability Partnership

Call: 01925 240064

Halton Disability Partnership

Call: 01928 248937

Have a showroom where various disability products can be trialled and free impartial advice is given. Some equipment can be bought on site.

Access to Social Services

Call: 01925 444239