

Do I need to do anything before my appointment?

Before your first appointment, you will receive an email with a link to complete a questionnaire. This will be on our occupational health software programme called Apollo. It's very important that this is completed **before you attend your appointment**, HR will be able to help you with this if you experience any difficulties.

It is also important that you wear suitable and comfortable clothing for your appointments. For example, if you have a knee issue, please wear shorts.



Physiotherapy helps to
**restore movement
and function.**



Symbios Health

www.symbios.health

SYMBIOS HEALTH

Empowering Healthy Working



Physiotherapy At Work

Your employer's chosen Occupational Health provider is delighted to announce the provision of additional Physiotherapy services designed to keep you healthy in work.

If you feel that physiotherapy might have a substantial impact on your work fitness, please discuss with your HR team.

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What is physiotherapy?

Physiotherapy is a healthcare profession that works with people to identify and maximise their ability to move and function. Functional movement is a key part of what it means to be healthy. Physiotherapy plays a key role in enabling people to improve their health, wellbeing and quality of life.

Our service is for employees who have problems affecting their bones, joints or soft tissue, which impacts upon their ability to perform and be comfortable at work. The treatment takes a holistic approach which involves the employee directly in their own care.

Why have you been offered physiotherapy by your employer?

It has been highlighted to HR that you are currently suffering with a problem affecting your bones, joints or soft tissue and this is having a negative impact upon your ability to perform your role at work. The aim is to provide rehabilitation in parallel with you staying at work, therefore reducing any sickness absence related to your musculoskeletal (MSK) issue. We provide physiotherapy at your place of work and usually within your own working hours.

What should I expect from physiotherapy?

The initial appointment will be the longest one and will have 3 main parts;

Firstly, a discussion about your problem where you'll be asked several questions, some of which may not seem relevant.

Secondly, a more practical part where you will be asked to show and/or demonstrate what/where the problem is. This part will likely involve movement, some testing and gentle exercises.

Thirdly, a treatment plan will be discussed and a plan going forwards will be agreed.

Subsequent appointments will be shorter, you'll be re-assessed and your treatment plan will be reviewed and changed accordingly.

Physiotherapy doesn't guarantee to solve all issues but in the vast majority of cases positive changes are made and good outcomes are achieved.



What is expected of me during my physiotherapy treatment?

For the best outcome from your physiotherapy treatment, you will be required to learn how to self-manage your problem and to take ownership of your recovery. You will be expected to follow a home treatment/exercise plan in your own time. There is more to physiotherapy than the treatment received during the face-to-face appointments.

Do I have to take part?

No, but it is advised that if you have been offered this service then you should. Your consent is required in advance of your first appointment and this will be obtained via completion of a 'pre-physiotherapy assessment' questionnaire. Consent will also be gained verbally and documented during all your appointments.

Will the information I provide be confidential?

Yes, your details and data will be saved securely on our occupational health software programme, Apollo. All relevant GDPR rules will be followed.

If the physiotherapist must share information with another health professional or your employer, you will be notified in advance.