



**The Leeds  
Teaching Hospitals**  
NHS Trust

Acute Medicine Physiotherapy

# Your rehabilitation diary

Information for patients



This leaflet has been given to you by your Physiotherapist to provide key information about your physiotherapy while you are in hospital.

## **What does a physiotherapy assessment involve?**

Finding out about your previous level of mobility from you and your family or carers.

### ***Assessing your:***

- strength
- balance
- ability to walk or transfer
- ability to use stairs, if necessary.

## **What will your Physiotherapist do?**

- Help you to improve your strength, balance and fitness.
- Help you to be as independent as you can be.
- Provide mobility aids, if needed.
- Provide individual exercise programmes, as appropriate.
- Help you practise using stairs, if necessary.
- Help to plan your discharge from hospital, including advising on equipment you may need at home (a hoist, for example).
- Refer to services you may need in the community.

## Contact Information

Your Physiotherapist's name is: .....

You can contact us between the hours of 8am and 4pm Monday to Friday on the ward telephone number or on **0113 206 9278**.

## What is expected of you?

Evidence has shown that patients who mobilise early during their hospital stay improve more quickly (Pashikanti, 2012), so it is advised that you participate as early as possible. Your Physiotherapist may suggest exercises to do in between your physiotherapy sessions. It is expected that you will aim to complete these every day. The rehabilitation diary on the following pages can be used to record the exercises you have done and track your progress.

To achieve the best possible outcome it is advisable to engage with the physiotherapy team and follow their advice, which may involve sitting out with help from the nursing staff on days when you are not seen directly by physiotherapy.

## Planning your discharge from hospital

Your Physiotherapist will discuss your discharge plan with you and, with your permission, with your family and other members of the ward team. This will involve discussing problems you may have had before you were admitted to hospital and any concerns you may have regarding your discharge from hospital. A care planning meeting can be arranged with you and other people involved in your care to discuss any complex problems, as necessary.

If you will need support from social care when you go home, your Physiotherapist will liaise with the ward team and a social worker to help arrange this.

If social support is required for discharge your physiotherapist will liaise with the occupational therapists, nurses and a social worker to help arrange the support you need.

*Please speak to your therapist if you have any problems with the exercises.*

**Rehabilitation Plan**

**Date:** ...../...../.....

Your goals	Timescale	Achieved?
1)		
2)		
3)		

**What have you achieved up to now?**

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.....

# Activity Diary

Day and date	Did you work on your goals today?		Activity completed / Comments
	Yes	No	
<b>Monday</b> ...../...../.....			
<b>Tuesday</b> ...../...../.....			
<b>Wednesday</b> ...../...../.....			
<b>Thursday</b> ...../...../.....			
<b>Friday</b> ...../...../.....			
<b>Saturday</b> ...../...../.....			
<b>Sunday</b> ...../...../.....			

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<b>Saturday</b> ...../...../.....			
<b>Sunday</b> ...../...../.....			

## ***Reference***

Pashikanti, L. and Von Ah, D. (2012) 'Impact of Early Mobilization Protocol on the Medical-Surgical Inpatient Population: An Integrated Review of Literature', *Clinical Nurse Specialist*, 26 (2), pp. 87-94.