

What is a Physiotherapist?

Information for patients,
carers and relatives

**Easy
Read**



easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

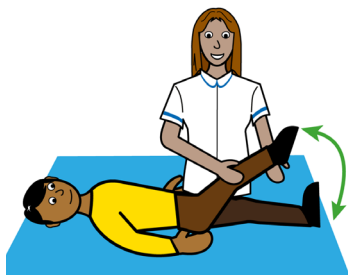
physiotherapist



A physiotherapist usually wears a white uniform with blue collars.

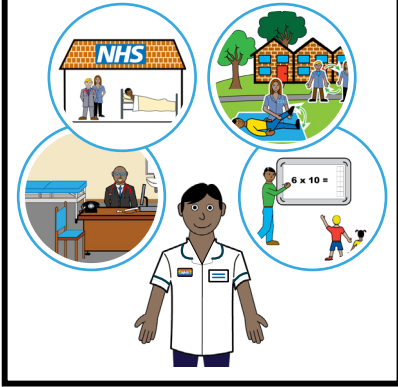
They will always wear a name badge.

physio



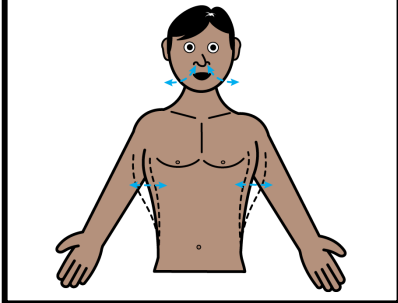
They help people by using physical activities.

work



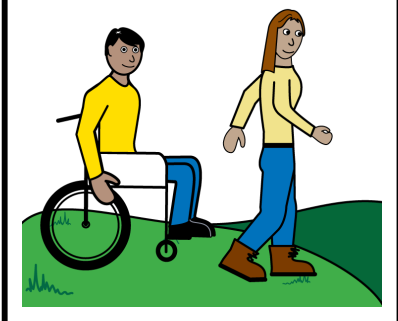
They work in hospital, clinics, schools, GP surgeries and peoples own homes.

breathing



They often help with your breathing.

mobility



Your mobility.

postural care



Your postural care.

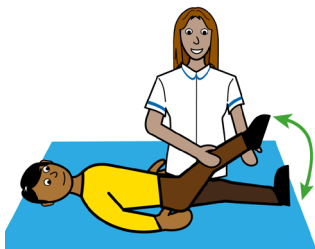
This is your bodies position when you stand, sit or lay down.

rehabilitation and recovery



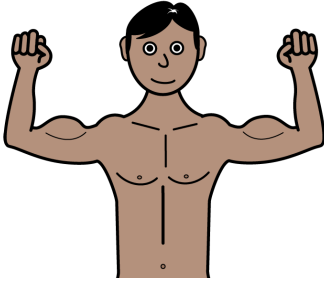
And recovery and rehabilitation when you have been unwell.

exercise and movement



They use exercise and movement.

build strength



To help build strength.

specialist equipment



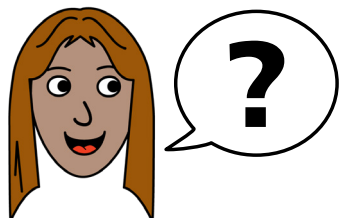
They can advise on specialist equipment.

live better



To help you live better.

ask staff



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism
@nhs.net**



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

