

Frequently Asked Questions

Treatments Q. Who Benefits From Physiotherapy?

A. Physiotherapists are musculoskeletal specialists trained to treat conditions which have at least one of these symptoms; pain, stiffness, weakness and loss of movement. Treatments help patients of all ages by reducing pain, improving movement and restoring normal function.

Q. Do I need a doctor to refer me for treatment?

A. No, although a doctor may recommend that you see a physiotherapist or refer you. Some medical insurance companies require a medical/doctor referral to authorise treatment.

Q. How quickly can I be seen?

A. We endeavour to treat people as soon as possible at one of the clinics (usually within 24-48 hours). Some same day appointments are available.

Q. What will happen at my first visit?

A. Read [‘What to Expect’](#) page for more information.

Q. Do I need to bring anything with me?

A. Any x-rays, medical reports, scan results etc will be useful along with a list of any medication you are on.

It is also useful to bring appropriate clothing to allow access to your problem area, such as shorts or vest.

Bringing footwear can also be useful in some circumstances, such as runners bringing their usual running trainers.

Q. Can I bring anyone with me?

A. Yes. You may bring somebody with you. They are welcome to stay in the waiting room or come into the treatment room. In fact a chaperone is advantageous in the initial assessment of people with ME/CFS as home treatment advice is given.

Q. How long will the session last?

A. Your first visit (initial consultation) takes the longest. Allow up to 1 hour for musculoskeletal problems, such as sciatica, neck pain, shoulder problems.

Due to differences in the assessment process the initial consultation for clients with ME/CFS takes 1½ hours.

For all follow up sessions allow up to 45 minutes.

Q. How many treatment sessions will I need?

A. This depends on how complex the problem is and how long the problem has been present. Some people require only one or two sessions, others require a longer course of treatment. ME / CFS generally falls into the latter category due to

the complex nature of the illness. Your physiotherapist will discuss this with you.

Q. What days and hours are you open?

A. We aim to be as flexible as possible with our appointments to suit you. Back to Health Physiotherapy operates Monday & Friday between both clinics. Saturday appointments are also available (Westhoughton only). Availability at either clinic can usually be arranged. If you are finding difficulty arranging a suitable appointment call the therapist direct (see contact us) to discuss locations, days and times that are best for you and we will do our best to accommodate.

Q. Can I be seen at home?

A. Yes. A home visit service is available for those who are unable to attend either of the clinics. The cost of this service is worked out on a mileage basis and is therefore dependent upon the distance to the clients home.

Q. How do I know if a physiotherapist is fully trained and state registered?

A. Only members of the Chartered Society of Physiotherapy have undergone the training and examinations necessary to be state registered under the rules set out the Health Professions Council (HPC). These physiotherapists will have the letters MCSP after their name and be registered with the HPC. You can check if a physiotherapist is HPC registered online.