

Patient Information Leaflet

Welcome to InVigorate Physiotherapy! This leaflet is designed to give you all of the information you need before you come for your appointment. If you have any further questions, please feel free to email me.

Where is InVigorate Physiotherapy?

InVigorate Physiotherapy is based at PTOX personal training studio, 1-2 Little Clarendon St, Oxford, OX1 2HP

This is a link to my Google maps location:

<https://maps.app.goo.gl/j1AwphYcqBFToua8>

You can request directions on Google Maps using public transport as well as by car or bike. We are just off the Woodstock Road which is well served by buses.

Parking:

- There are various 2 hour free bays in the roads south of Walton St
- There is pay and display parking on St Giles and Walton St

There are stairs up to my clinic room with 2 hand rails. If stairs are an issue, I can book an alternative easy access treatment room or come to see you at home. If stairs are an issue for you, please email me ASAP so that we can ensure that access to my services is as easy as possible.

If you are worried or unsure about getting to me, please reach out via email and I can help.

What should I do when I arrive?

When you arrive at PTOX, make yourself comfortable, it's a friendly place! There are armchairs and sofas to wait on and I will come to collect you. The bathrooms are up the stairs, please help yourself. If you're early, there are a number of good cafes in the local area including the award-winning Tree Artisan Café next door.

Do I need to bring anything?

If you have any documentation or test results that you think may be relevant to your symptoms, you can either email me in advance or bring them with you to session. If you wish, you can bring any supports or insoles and I can check that they will help you in your management or recovery.

What should I wear?

Please wear clothes that you are comfortable to move in. It is helpful to check the area in question without clothing over it (within reason) to check for redness and swelling. However, this is not essential and I am still able to assess without seeing the area. Please just say if this is the case. I am also very happy for you to bring someone with you to the consultation if this would help you to feel more comfortable.

There are individual bathrooms in which you can change.

What will happen during my session?

During an initial assessment, I start by taking a detailed history of your symptoms, including medical history. I'm also interested to know about your hobbies, interests and what is important to you. Let me know your personal aims so that we can work towards goals that are important to you together.

During our objective examination, we run through a variety of physical assessments and tests to diagnose the cause of your symptoms. I will discuss what I am testing as we go along and what the results mean.

At the end of the assessment, I will discuss what my diagnosis is and what I feel the best course of treatment is. I can provide risks and benefits for the treatment in question and we will check that you are comfortable with these.

What will my treatment consist of?

Hands on:

Every treatment plan is bespoke and tailored to your needs. Techniques such as joint mobilisation, massage, myofascial release, ultrasound and Kinnective™ tool may be used in session.

Exercise:

Most clients also require some movement medicine in the form of stretches, mindful movement or exercises to take home with them. We will always practice these in session and most have a video that can be emailed to you afterwards to help you remember. I believe in exercises being meaningful and tailored so you will never get photocopied sheets of exercises from me. I try to stick to a maximum of 3 exercises which can fit into a 15 minute maximum time commitment.

Lifestyle and holistic:

Most solutions don't rely solely on the physical. To treat the body effectively, you have to address the mind too. We may discuss sleep, nutrition, stress, social etc during our sessions.

What do I take home from my session?

I email my clients after every initial assessment, summarising our approach and plan going forwards. This will include our lifestyle discussion, and exercise plan. I have an ever expanding library on YouTube to help you to remember your exercises.

When will I need to come back?

Everyone is different and every treatment programme will look a little different too. We will discuss at the end of session if a follow up is appropriate and when would be best. I can schedule in your follow up or you can book in online. I am happy to email reminders, but will always check that you would like me to do this!

I have a condition that makes it difficult to access physiotherapy, how can you help?

Physiotherapy should be accessible to all! Please see below for some of the adjustments I can offer to allow you to access my services and get the most out of your appointment. If you feel that any of these (or other adjustments) would be beneficial to you, please get in touch via email and we can discuss how to make your physio work for you.

- Home visits (within the local area)
- Appointment in a room without stairs access
- Online appointments
- Longer initial appointment times
- Lower light levels in the treatment room
- Quieter clinic time for your appointment
- Videoing your appointment
- Extra follow up information relating to our plan or exercises
- Emailing me with a summary of what you find difficult, and what can help you during your session.