

# OUTPATIENT PHYSIOTHERAPY

- Weekly sessions of dry land therapy or hydrotherapy can be accessed during the six weeks prior to the six-week review with your consultant surgeon. Your ongoing therapy needs can then be reassessed in the light of its findings.
- In order for the therapy to have maximum benefit, outpatient appointments are usually recommended for those patients within a 30-minute travel time.
- Therapy sessions are 30 minutes in duration and would normally take place between the hours of 12:30 and 2pm. We would ask that you kindly arrive five minutes earlier than your appointment time to allow for any necessary administration to be completed.

*PLEASE NOTE: It may occasionally be necessary to rearrange appointment time slots on the day due to unforeseen circumstances.*

- If you are attending for hydrotherapy you will need to bring a towel with you, and we ask that you arrive in time to allow for a shower before entering the pool.
- We will provide a report for your consultant at the end of your outpatient treatment (as we did on departure, following your stay with us).
- Treatment Costs: Dry land physiotherapy: £45  
Hydrotherapy: £60  
Consultant report: £15  
Insurance report: £45

Cancellation within 24 hours of your appointment time will be charged at full price.  
Payment will be taken on the day of treatment.

## **Covid-19 Procedures**

- *Outpatients are required to have undergone a Covid-19 Lateral Flow Test (LFT) with a subsequent negative result before attending The Clavadel. These can be ordered online or bought at a local pharmacy. If you require further assistance, please enquire when booking your appointment.*
- *On arrival, we would ask that you wear a protective facemask when entering the building. Access is via the physiotherapy department entrance located to the side of the car park, rather than through the main doors. Our receptionist will take your temperature and register your LFT result.*
- *If you develop any of the recognised symptoms of Covid-19 prior to your appointment, including: a temperature above 37.8°; a new, persistent cough; or a loss of taste or smell, please inform the physiotherapy department without delay. In line with current government guidance, it will then be necessary to postpone your therapy until you have organised a Covid-19 PCR test at your local testing centre and have received a negative result.*