



# What is Outpatient Physiotherapy?

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**You have been referred to outpatient physiotherapy by your consultant, GP or healthcare professional. This leaflet explains who we are, what to expect and how we can help you.**

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## What conditions can we help you with?

- Musculoskeletal – post-operative rehabilitation, joint pain and problems, sports injuries and tendinopathies (tendon disorders).
- Pelvic health, particularly antenatal and postnatal, as well as pelvic floor dysfunction.
- Rheumatology problems – for example, rheumatoid arthritis, psoriatic arthritis, axial spondyloarthritis (axspa), connective tissue diseases and myositis (autoimmune condition).
- Mobility, balance and falls prevention.
- Neurological – stroke, multiple sclerosis, Parkinson's disease and nerve injury.
- Respiratory – chronic obstructive pulmonary disease (COPD), breathing pattern disorders and dysfunctional breathing.
- Paediatric – developmental neurological conditions, joint pain and problems in children, post-operative rehabilitation in children, basic techniques to help manage breathing problems.
- Amputee rehabilitation – assessment to see if a prosthetic leg is suitable; rehabilitation before and after getting a prosthetic leg, and rehabilitation with your prosthesis, if you have had a change in your mobility or function.

## How can your physiotherapist help you?

- Can provide education and advice to allow you to self-manage your condition better.
- Can help you improve movement, strength and function.
- Can demonstrate effective pain management techniques.
- Can enable you to return to work, sport or daily activities that you enjoy.
- Can provide advice to prevent reoccurrence or deterioration in the future.

## What can you expect?

You will need to confirm that you wish to have a physiotherapy appointment prior to having an appointment booked. Your initial appointment will last 30-60 minutes, during which you will be assessed by one of our therapists. Depending on the outcome of this assessment, you may be offered a follow-up appointment. Follow-up appointments usually last around 30 minutes. How many follow-up appointments you need, and for how long, will be determined by your condition.

## **What if you need to cancel or reschedule an appointment?**

Our physiotherapy service is in high demand, so we have firm rules about cancelling appointments:

- If you fail to provide at least 24 hours' notice when cancelling your appointment, we may only offer another appointment under exceptional circumstances.
- If you do not attend your appointment or cancel at short notice, you will be discharged, unless there are exceptional circumstances.
- If you re-schedule your appointment on more than two occasions, you will be discharged and will require a new referral.

## **Contact details**

Respiratory Department (L2 South Block, Royal Berkshire Hospital)

Craven Road, Reading RG1 5AN

Tel: 0118 322 6676 or Email: [rbb-tr.cat11@nhs.net](mailto:rbb-tr.cat11@nhs.net)

Monday – Friday 8am-4pm

Musculoskeletal Outpatients – for musculoskeletal problems, pelvic health and rheumatology  
(Physio East, Royal Berkshire Hospital)

Craven Road, Reading RG1 5AN

Tel: 0118 322 7811

Monday – Friday 8am-4pm

Neurological Outpatients & Amputees (Inpatient Therapies, Royal Berkshire Hospital)

Craven Road, Reading RG1 5AN

Tel: 0118 322 8545

Monday – Friday 8am-4pm

Paediatric Outpatients (Dingley Child Development Centre, Erleigh House Whiteknights Road,  
Reading RG6 6AX

Tel: 0118 322 5248

Monday – Friday 8am-4pm

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Physiotherapy Outpatients: March 2026

Next review due: March 2028