



# Outpatient neurological physiotherapy

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**This leaflet outlines what to expect from the outpatient neurological physiotherapy service.**

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## What is neurological physiotherapy?

Our specialist service covers assessment, treatment and rehabilitation of people with neurological conditions, such as problems with the brain, spinal cord or peripheral nerves. People with neurological conditions may have difficulties with their physical functions including mobility, muscle strength, range of movement and balance.

## How can I be referred for neurological physiotherapy?

We accept referrals from GPs, neurologists, clinical nurse specialists and allied health professionals (e.g. therapists) working within the NHS. We currently do not accept self-referrals.

To be referred to the service you must meet all of the following criteria:

- You must have a confirmed diagnosis of a neurological condition.
- We only accept referrals from GPs registered within Berkshire West (Reading, Wokingham and Newbury).
- If you have suspected Functional Neurological Disorder (FND), the diagnosis must be confirmed by a neurologist.
- You must consent and agree to attend outpatient clinics.
- You must be 18 years or over.
- You have clear rehabilitation goals which require neurological specific physiotherapy input that can be addressed in an outpatient setting.

Please note, that we are unable to accept referrals for patients unable to attend outpatient appointments or whose needs are best met by a community physiotherapy service. We also can't help patients requiring a musculoskeletal physiotherapy service.

Once received, your referral will be triaged and if accepted will be placed on a waiting list. You will be contacted by the department (by letter, email, text or a telephone call), when an appointment is available.

If your referral is triaged and declined, your referring healthcare professional or GP will be notified and can advise you on alternative services.

## Appointments

**If your initial appointment is via telephone (allow up to 60 minutes), it will involve:**

- Taking a medical history – questions about your symptoms, current functioning and medications. You will have the opportunity to discuss your mobility problems and ask questions.
- Discussion and advice regarding possible treatment plans.

**If your initial appointment is face to face (allow up to 90 minutes), it will involve:**

- Taking a medical history – questions about your symptoms, current functioning and medications (please bring in written information if needed). You will have the opportunity to discuss your mobility problems and ask questions.
- A physical examination – please wear loose clothing and suitable footwear. With your consent, you may be asked to remove some clothing for a specific examination. Your assessment and treatment may include some hands-on therapy techniques.
- Discussion and advice regarding possible treatment plans.
- Face to face appointments will be at either the Royal Berkshire Hospital (RBH), Bracknell Healthspace or West Berkshire Community Hospital in Thatcham.

Subsequent appointments will be in person with the same physiotherapist. You may be offered some appointments with a physiotherapy assistant, depending on the outcome of your initial consultation. Follow up sessions will often last 45-60 minutes.

Unfortunately, we cannot organise transport to and from appointments so you will need to arrange this yourself.

## **Contacting us**

Outpatient Neurological Physiotherapy Service

Battle Block Inpatient Therapies

Level 1 Battle Block, Royal Berkshire Hospital

London Road, Reading RG1 5AN

Tel: 0118 322 8545

Email: [rbft.neurophysioop@nhs.net](mailto:rbft.neurophysioop@nhs.net)

Monday to Friday: 8.00am-4.30pm (closed weekends and bank holidays).

We cannot always answer calls directly and you may get an answerphone when you contact the department. Please leave a message with your name, contact number and the reason for your call and we will get back to you as soon as possible.

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 (Neurology)

Reviewed: March 2026

Next review due: March 2028