

Neurological Outpatient Physiotherapy Service

Who are we?

Advanced neurological physiotherapist – Sarah Sanderson
Specialist neurological physiotherapist – Jessica Bargh
Physiotherapy assistant – Victoria Sherriff

What do we do?

We provide a service for patients with neurological conditions such as MS, Parkinson's, ataxia, stroke, neuropathy and FND.

The aim of the service is to help people maximise their physical ability and become as independent as possible; and to advise and educate patients about how to manage their own condition.

How do we accept referrals?

We accept referrals from any clinician. We have a referral form which must be completed in full. This can be requested from NeuroPhysioOut.Patients@swyt.nhs.uk

Once patients have been referred by a clinician and have completed their first episode of treatment, they have the option to self-refer back to the service as long as the reason for this is linked to the same neurological condition.

Where are we?

We are based at New Street Health Centre for clinics and run a weekly exercise class for patients with Parkinson's at Priory Day Unit in Monk Bretton.

What does the service *not* provide?

- Hydrotherapy or swimming
- Provision of splints
- Rehabilitation for people under the age of 16
- Rehabilitation for people unable to access an outpatient department
- Rehabilitation for patients without a neurological diagnosis or symptoms
- Patients who are a hoist transfer or need to be treated by more than one therapist

Parkinson's Dynamic Exercise Group

This is a weekly group exercise programme that runs for 10 weeks at Priory Day Unit in Monk Bretton. To attend this class patients must be able to mobilise either unaided or with a walking stick for 10 metres, and must be able to tolerate standing and exercising for half an hour.

For patients who do not meet the criteria for the class but are able to attend an outpatient setting, we offer 1:1 sessions at New Street Clinic