

**Physiotherapy Department**

**Connolly Hospital Blanchardstown**

**Patient Information Leaflet**

Opening Hours:

Monday- Friday

8.30am- 4.30pm

Tel: 01-6465296

**Physiotherapy- What we do**

Physiotherapy is a health care profession involved in the rehabilitation of people following injury, pain, disease or disability.

The Physiotherapy Dept provides both an inpatient & an out-patient service within several core specialities including Surgical Respiratory, Medical Respiratory, Orthopaedics, Emergency Dept, Rheumatology, Cardiac Rehabilitation, Neurology & Care of the Elderly.

All clinical areas are headed by a Senior Physiotherapist who is responsible for staff grade physiotherapists & students.

A chartered Physiotherapist can assess, diagnose & treat injuries & conditions which affect a variety of people of all ages.

The Physiotherapy profession plays a vital role in injury prevention with an emphasis on the use of physical approaches for the promotion of health & the prevention, treatment & management of disease and disability.

Chartered Physiotherapists use mainly physical techniques such as joint & soft tissue mobilisation, manipulations and exercise therapy & rehabilitation classes to help patients achieve their treatment goals.

**How much does Physiotherapy cost?**

Physiotherapy in Connolly hospital is free of charge\*.

However during the course of your treatment we may feel that you would benefit form certain pieces of equipment that we would order specifically for you (e.g. insoles), the cost of which you may have to cover yourself.

Exceptions may occur in the case of legal claims.

**How Long Does a Session Last?**

Your first session may last up to 1 hour to facilitate a full comprehensive assessment. The following appointment will typically last 30mins.

**How many sessions will I have?**

This will differ depending on what imjuries you have sustained or what condition you are suffering with. Some people need only one or two sessions, others need more. Generally speaking, we do not give more than 6 treatment sessions to any patient for a given complaint; after which you may be discharged or referred back to your doctor.

**What should I wear?**

It is important that we are able to see the body part to be treated. For example, if you are suffering with knee or hip pain, please bring shorts with you. If you have back or shoulder pain, be prepared to remove your top which exposes the affected area. It is recommended that you wear loose fitting clothing which does not restrict your movement.

**Opening Hours & Contact Details**

The Physiotherapy Dept. is open from 8.30am-4.30pm Monday to Friday.

Weekend cover is provided for priority inpatient orthopaedic cases & emergency respiratory cases only.

Tel: 01-6465296

Fax: 01-6465308

An answering machine operates out of hours. When you leave a message please clearly state your name, name of your physiotherapist, time and date of your appointment.

Postal Address:

Physiotherapy Dept.,

Connolly Hospital,

Blanchardstown,

Dublin 15

**Attendance Policy**

* If you need to change/cancel your appointment, we require at least 24hrs advance notice. You can contact the dept. at 01-6465296 alternatively you can e-mail your cancelation to the department at [therapy.chb@hse.ie](mailto:therapy.chb@hse.ie)
* **If this is not done then you are deemed as having failed to attend.**
* **As per the Connolly Hospital Policy, failure to attend your fist appointment results in immediate discharge from the service.**
* **If you fail to attend on two occasions you will be discharged from the service.**
* If you fail to contact the department after a cancellation or missing an appointment within **4 weeks** you will automatically be discharged from the service.
* If you arrive more than 10 minutes late for your appointment, it will be at the discretion of the therapist as to whether you will be seen.

**Car Parking**

A 24 hour car park is available to the public. Car park charges apply (€2. 20 per hour). Pay & display machines located in the public car parks accept exact change only. There are change facilities located in the main concourse & in the Emergency Dept. Public car parks are located at the front of the hospital, beside the Emergency Dept. and the car park between the administration building.

A number of reserved spaces are available to disabled drivers displaying a valid disabled driver’s permit.

**Where is the Physiotherapy Department**

The Physiotherapy Dept is located in the rear of the hospital, beside the out-patients dept & opposite the Emergency Department. It is signposted as the Physical Medicine Department.



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