

Easy read

# Physiotherapy

Southwark, Lambeth and Lewisham  
community learning disability health team



The **physiotherapy team** helps you with your body.



We can help you move well and stay strong.



We can help you sit and lie down comfortably.



We can help if you find walking hard.



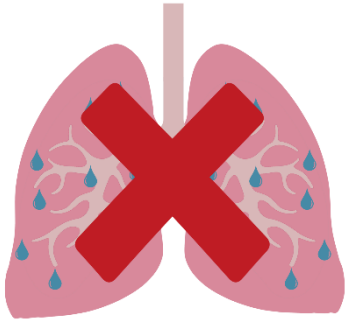
We can help if you keep falling over.



We can help if you feel pain or stiffness.



We can help you breathe better.



We can help you avoid getting chest infections.



We can help you sit in a good way to eat and drink.



We can help if you need special equipment.

## How we might help you



We might give you exercises or stretches to do.



We might help you exercise in a swimming pool.



We might help you jump up and down on a trampoline.



We can give training and advice to people who support you.

## Help with appointments



We can help you prepare for appointments, such as

- to get a wheelchair fitted or fixed



- to get special shoes made for you



- to see a doctor about your bones and muscles



- to see a doctor about the nerves in your body

## Your wheelchair



If your wheelchair needs to be fixed, please call 020 3299 7690.

# Contact the Southwark and Lambeth team



If you are worried or have questions, you or your carer can contact us.



Write to us at

121 Townley Road  
East Dulwich  
London SE22 8SW



Call us on 020 3049 7518



Email  
[gst-tr.awldhealthteam@nhs.net](mailto:gst-tr.awldhealthteam@nhs.net)

# Contact the Lewisham team



If you are worried or have questions, you or your carer can contact us.



Write to us at

1st floor Old Town Hall  
Catford  
London SE6 4RU



Call us on 020 3989 0550



Email  
[gst-tr.awldhealthteam@nhs.net](mailto:gst-tr.awldhealthteam@nhs.net)

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