



Hi, my name is Siobhan. I am the Physiotherapist (physio) on the Young Adults Team



I can help you to keep your body moving



I can help you to be comfortable when you are sitting or lying



I can help you to stay fit and healthy



I can help you with equipment and orthotics

Physio appointment



You will come to the clinic in Johnstown. Or I might come to your house or Day Service.



We will discuss how things are going for you at the moment and see how I can help.



I might look at you moving or walking.



I might need you to lie on the bed and I might ask if I can move your arms or legs to see if there is any tightness in your muscles.



We will work together to make a plan. I might give you some exercises to practice at home.



The appointment will last about 1 hour.