

Outpatient Physiotherapy



London Health Sciences Centre

Outpatient Physiotherapy University Hospital

Basement Level

Tel: 519-663-3503

Fax: 519-663-3475



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What is physiotherapy?

Physiotherapy is provided at London Health Sciences Centre by registered physiotherapists. The physiotherapist's role is to help improve your mobility and manage pain related to your disease or injury.

Your care is very important to us. Your physiotherapist will perform an assessment and recommend how often you should attend Physiotherapy to get the best results.

London Health Sciences Centre is a teaching hospital. At times there may be Physiotherapy students assisting in your care. Each student is supervised by a registered Physiotherapist.

Reception and Registration

Please check in with the receptionist with your blue hospital or Ontario Health card **prior to each appointment**. Once you have checked in, proceed to the Physiotherapy waiting area and have a seat.

At busy times, we ask that family members or those accompanying patients wait in the main reception waiting area so that there are enough seats for our patients.

When making your follow-up appointments by phone, please have your blue hospital or Ontario Health card ready.

Outpatient Physiotherapy Attendance Policy

Please be on time for your appointments. If you are going to be late, notify the receptionist as soon as possible. You may be required to reschedule your appointment.

If you are unable to come for an appointment, please notify the receptionist **at least 24 hours in advance** so that someone else can be scheduled.

Please do not come in for your Physiotherapy appointment if you have symptoms of a respiratory illness (cough, fever).



If you are having difficulty keeping your appointments, please discuss this with your Physiotherapist. Repeated cancellations and late arrivals may result in discharge from physiotherapy.

Parking and Transportation

The LHSC parking garage can be quite busy at times. Please plan to arrive at the parking garage approximately 20 minutes prior to your appointment to allow enough time to get to the PT department. You can ask the receptionist or your Physiotherapist for information about other transportation services.



Clothing

Please bring appropriate clothing to all appointments so that your Physiotherapist will be able to access the affected area.

- For lower body problems please bring shorts. Loose fitting pants that can be rolled up to expose your leg are also an option.
- For upper body problems a tank top or loose-fitting T-shirt is appropriate.
- Dresses or skirts should be avoided as they are not ideal when using certain types of equipment.

Please bring indoor shoes and leave wet or dirty boots/shoes on the floor mats provided outside in the waiting area. Running or walking shoes are the recommended footwear. High-heeled shoes or dress shoes are not appropriate for use with some of the equipment.