

Rheumatology Physiotherapy

What we do

The role of the physiotherapist is to provide assessment, treatment and self-management advice for all rheumatology conditions, in in-patient and outpatient settings. This applies for all stages of rheumatic conditions from newly diagnosed to patients with long standing problems.

Commonly treated conditions include Rheumatoid Arthritis (RA), Ankylosing Spondylitis (AS), Osteoarthritis (OA), Polymyalgia and Fibromyalgia.

For AS patients there is a twice monthly review clinic lead by a rheumatologist in conjunction with a physiotherapist. AS patients are able to self-refer to the physiotherapy department if they feel they would benefit from a physiotherapy review.

The rheumatology physiotherapy team in conjunction with the occupational therapist also run a 4 week fibromyalgia management group aimed towards providing the education and management strategies required to successfully manage fibromyalgia symptoms.

The rheumatology physiotherapists aim to increase the patients' knowledge of their condition and provide self management advice and exercises that are specific to their problems.

Location

The physiotherapy rheumatology service is based at York Hospital. Patients admitted to hospital under a rheumatology consultant will be treated on the ward they are on whilst in hospital. Patients can also be seen as outpatients in the main physiotherapy department and the outpatient department at Selby War Memorial Hospital.