



Happier | Healthier | Hopeful

Neurological Physiotherapy

Specialist rehabilitation for people with neurological disability

The Neurological Physiotherapy service is for adults who require rehabilitation and help to manage their neurological condition. We see people in outpatients, at home and in care homes, depending on their need.

These are conditions that we commonly encounter:

- Stroke
- Multiple sclerosis
- Motor neurone disease
- Head injury
- Cerebral palsy
- Persistent physical symptoms – (previously Functional Neurological Deficit)
- Huntington's disease
- Peripheral nerve disorder
- Muscular dystrophy
- Hereditary spastic paraparesis

Our approach

Our well-established dynamic team of physiotherapists have extensive experience across all areas of neurological rehabilitation. We are

- client-centred
- goals-oriented
- well-connected with all health and social care providers and
- closely linked with the University of Cumbria
- trained to a high level
- committed to maintaining our high standards of practice through professional development, clinical supervision and clinical training

Assess: First we assess our clients' abilities and their goals

Plan: Then we develop individual treatment plans focused on our clients' personal goals.

Re-educate: We focus on movement re-education, helping our clients to:

- build muscle activity
- extend the range of movement in the joints.



- develop core stability
- manage their long term condition

We offer a full range of interventions, including:

- balance training
- stretching /strengthening exercises
- exercise class
- functional electrical stimulation (as an adjunct to physiotherapy)
- gait re-education
- exercise prescription
- muscle activation
- movement re-education
- upper limb rehabilitation

Contact us

Carlisle

London Road Clinic

Hill Top Heights

Carlisle CA1 2NS

01228 603151 or 01228 603151

sarah.morley@cumbria.nhs.uk or deborah.berg@cumbria.nhs.uk/

Cleator Moor

The Gym, Health Centre

Birks Road

Cleator Moor CA25 5HP

01946 853307

stephen.atkinson@cumbria.nhs.uk

Workington

Physiotherapy Department

Workington Community Hospital

Park Lane

Workington CA14 2UF

01900 705100

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful

ID: CS012

Version: 2

Issue date: November 2017

Review date: November 2019

© 2016 Cumbria Partnership NHS Foundation Trust