

Physiotherapy

Information for patients, carers
and healthcare staff



The Physiotherapy team works with patients living with cancer and other life limiting illnesses. The physiotherapists' aim is to promote patients' independence, quality of life and provide specialist advice and support to patients, carers and healthcare staff.

Our team provides a physiotherapy service to patients with specialist palliative care needs in North Derbyshire. The team can see patients in a variety of settings, including their own homes and at Ashgate Hospice's Inpatient Unit, Day Hospice and Outpatient Clinic. The Physiotherapy team also provide activity and exercise group sessions such as chair based Tai Chi and Standing Tai Chi. They can also provide an advisory role to nursing and residential homes.



What is physiotherapy?

Physiotherapy aims to improve quality of life by alleviating pain, discomfort and immobility by providing a realistic and appropriate treatment regime.

This includes:

- pain management techniques
- breathlessness and fatigue management
- mobility issues – maintaining and promoting independence
- simple oedema management
- management of respiratory conditions
- exercise prescription.

The team also supports carers, offering practical advice and emotional support.

Safety of staff

For the safety of our staff, we ask that you kindly refrain from smoking or vaping whilst care is being given.

Equipment queries

If you need assistance with returning equipment to Medequip or Ashgate Hospice, please contact the Physiotherapy team on 01246 565 026 or Medequip on the details below.

Medequip
Unit 3
Wimsey Way
Alfreton Trading Estate
Alfreton
Derbyshire
DE55 4LS
T: 01773 604 426

“Ashgate staff were amazing. They provided equipment, visited me at home and were always only a phone call away when I needed them.”

Contact

Ashgate Hospice, Ashgate Road, Old Brampton,
Chesterfield, Derbyshire S42 7JD

01246 565 026

info@ashgatehospice.org.uk

www.ashgatehospice.org.uk



If you require this document in an alternative format,
please contact the Marketing and Communications Team
at marcomms@ashgatehospice.org.uk

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marcomms@ashgatehospice.org.uk पर मार्केटिंग से संपर्क करें।

Jeśli chcieliby Państwo otrzymać te informacje w innym języku lub formacie, prosimy o
kontakt z działem marketingu pod adresem marcomms@ashgatehospice.org.uk

اگر آپ یہ معلومات کسی دوسری زبان یا فارمیٹ میں حاصل کرنا چاہتے ہیں تو براہ کرم
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如果您需要该信息以其他语言或形式呈现，请通过 marcomms@ashgatehospice.org.uk 与营
销部门联系

如果您希望以其他語言或形式獲得此資訊，請聯繫行銷部門：
marcomms@ashgatehospice.org.uk

