



Your journey through Outpatient Neuro Physiotherapy

This leaflet outlines what to expect from the Outpatient Neuro Physiotherapy service. If you have any questions or concerns, please speak to your neurology or physio team.

What is neurological physiotherapy?

Our specialist service covers assessment, treatment and rehabilitation of people with neurological conditions.

Neurological conditions are problems with the brain, spinal cord or peripheral nerves. People with neurological conditions may have difficulties with their physical functions including mobility, muscle strength, range of movement and balance.

Who can attend Outpatient Neuro Physiotherapy?

We currently do not accept self-referrals. Referrals are made by consultants, registrars and clinical nurse specialists within Neurology and Neuro-Rehab, your GP, or a physiotherapist, either from the Royal Berkshire Hospital or from another service.

How Outpatient Neuro Physiotherapy operates

Once we receive a referral, we send out a questionnaire for you to complete. In some cases, the person referring you will give you the questionnaire directly. The information you provide will help us to determine if we are the best service to meet your needs.

Occasionally, we forward referrals on to other services instead. These include the domiciliary physiotherapy team for home-based treatment, or the community-based neuro rehab team (CBNRT) if there are multidisciplinary rehabilitation goals.

We may also recommend that your needs are better met by a musculoskeletal physiotherapist (especially if your problem is mostly pain related). If this is the case, we will advise you to go back to your GP to get referred locally.

How long will I have to wait?

You may have to wait for a number of weeks for an appointment for Outpatient Neuro Physiotherapy, if you are eligible. Your initial assessment may be via telephone, video or face to face consultation at the Royal Berkshire Hospital (RBH), or at the Bracknell Healthspace at Brants Bridge, Bracknell RG12 9RT. Follow-up appointments may also be at either site; however, there are limited facilities for physiotherapy at Bracknell, so that location may not suit your needs for all follow-ups.

How long are the appointments?

Your initial assessment may take up to 90 minutes. Appointments thereafter will take between 45-60 minutes.

Your initial appointment will involve:

- Taking medical history- questions about your symptoms, current functioning and medications (please bring in written information if needed). You will have the opportunity to discuss your problems and ask questions.
- A physical examination - loose clothing and suitable footwear is advised. You may be asked to remove some clothing for specific examination.
- Discussion and advice regarding possible treatment plans

Your Neuro Physiotherapy journey and your physiotherapists

Once you start your treatment, you will usually be seen by the same therapist each time you visit, to enhance continuity of care. If you are transferred to a group session, you will be seen by the therapist who runs those sessions. You may be reviewed by your primary therapist upon completion of the group sessions.

Please let us know if you no longer require your appointment.

Contact details

Outpatient Neuro Physiotherapy

Battle Block Outpatients and Therapies (opposite Whitley Ward)

Level 1 Battle Block, Royal Berkshire Hospital

London Road, Reading, RG1 5AN

Tel: 0118 322 8545 or Email: rbft.neurophysioop@nhs.net

Monday to Friday: 8.30am-4.00pm (closed weekends and bank holidays).

We cannot always answer calls directly and you may get an answerphone when you contact the department. Please leave a message with your name, contact number, NHS number if you know it, and the reason for your call and we will return your call as soon as possible.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Physiotherapy (Neurology)

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Next review due: November 2025