

My personal rehabilitation plan

Name:

DOB: / /

Date: / /

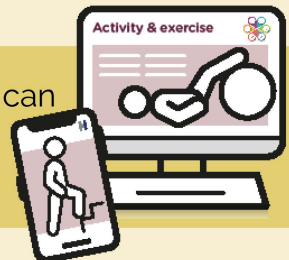
Diagnosis:

Key things to understand about my problem:

What are my treatment options?



Supporting evidence and information can be found here: www.myphysio/rehabinfohub



What are my goals? Please circle



Feel stronger



More flexibility



Better sleep



Improve



Return to sport



Improve mood



A social life



Drive



Dressing yourself



Personal hygiene



Cooking



Shop

My specific goals:

Short term (next 4-12 weeks)

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Longer term goals:

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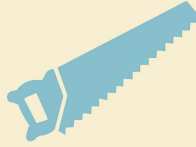
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mobility



Housework



DIY



Crafting



ing



Gardening



Be generally active



Dancing



ping



Work



Care for family



Playing an instrument

What is the agreed treatment plan to meet my needs & goals?

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-
-

What are the alternatives should my needs change? (plan B)

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-
-



How long is it likely to take to improve?

My physiotherapist is called:

Blank space for writing the name of the physiotherapist.

They can be contacted on:

Blank space for writing contact information, with a dotted line indicating a horizontal separator.

Or complete the 'Ask my physio' card and bring it to your next appointment.
www.knowledgehub/physio-query-card



My next physiotherapy review appointment is:

Blank space for writing the date and time of the next appointment, with two dotted lines indicating horizontal separators.