

Contact Physiotherapy

Core hours 8.30am to 4.30pm, Monday to Friday:

Lincoln 01522 573945
Grantham 01476 565232 x464253
Louth 01507 600100 x1234
Boston 01205 364801 x445359

Contact Occupational Therapy

Core hours 8.30am to 4.30pm, Monday to Friday:

Lincoln 01522 572378
Grantham 01476 565232 x4360
Louth 01507 600100 x1234
Boston 01205 364801 x445359

For further information on Rheumatoid Arthritis please contact:-

National Rheumatoid Arthritis Society
telephone helpline 0800 298 7650/www.nras.org.uk

Arthritis Research UK
telephone helpline 0800 5200 520/www.arthritisresearchuk.org

References

If you require a full list of references for this leaflet please email
patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is
accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Rheumatoid Arthritis Therapy Services

www.ulh.nhs.uk

Aim of the leaflet

This leaflet is aimed at people who have recently been diagnosed with Rheumatoid Arthritis (RA).

People with RA should have ongoing access to a multi-disciplinary team including Physiotherapy and Occupational Therapy. This should provide the opportunity for an assessment of the effect of the condition on your life and how we can help you to manage it.

RA can impact on your pain and fatigue levels and the ability to carry out everyday activities like walking. Your ability to work or take part in social or leisure activities, your quality of life, mood and impact on sexual relationships can also be discussed, if appropriate.

We have a multi-disciplinary approach to your care, so our roles may overlap, however, this is what you could expect from your therapist.

Physiotherapy (PT)

Helps to restore movement and function when someone is affected by illness or disability.

Your Physiotherapist can help you with the following:

Advice on exercises to help with improving:

- Your joint movement
- Strengthen your muscles
- Help with your walking
- Improve your stamina and exercise tolerance which can help manage fatigue.

Advice on ways to help with pain relief such as:

- Cold packs
- Heat packs
- TENS machine information.

Your physiotherapist may also offer hydrotherapy, which is exercise in warm water, where appropriate. We currently have hydrotherapy pools at Grantham and Boston Hospitals.

Occupational Therapy (OT)

Supports people whose health prevents them from doing the activities that matter to them.

Your Occupational Therapist can help you with the following:

Improve your ability to carry out everyday tasks:

- Self-care (self-care, caring for others and domestic tasks)
- Work (paid, unpaid and study)
- Leisure activities.

This can be achieved by:

- Providing an opportunity to discuss how your arthritis affects you and offering support with self-management
- Support and advice on how to manage work
- Help with pain, for example, splinting of painful joints
- Hand exercises to improve the use of your hands
- Balancing and pacing everyday activities to reduce tiredness
- Being able to discuss the impact your arthritis has on personal relationships
- Signposting to other services as appropriate.

You can ask your Rheumatology Consultant, Rheumatology Specialist Nurse or GP for a referral to see a Rheumatology Physiotherapist or Occupational Therapist.