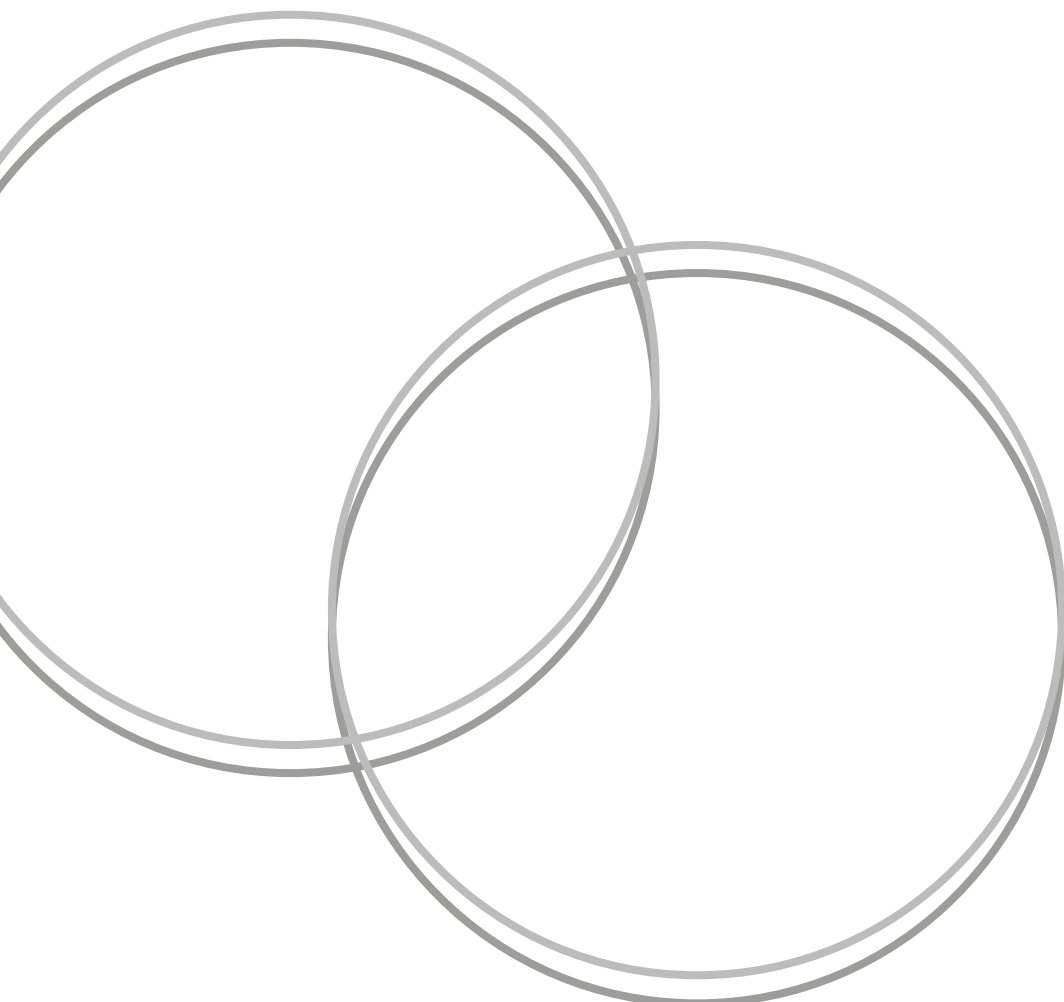




Oxford University Hospitals  
NHS Foundation Trust

# Inpatient Physiotherapy at the Oxford Centre for Enablement

**Information for patients**



**Specialists in Neurological  
Rehabilitation and Management**

# Oxford Centre for Enablement

Telephone: 01865 737 372

## **Inpatient Physio Team**

Oxford Centre for Enablement  
Nuffield Orthopaedic Centre  
Windmill Road  
Headington, Oxford  
OX3 7HE

Website: [www.ouh.nhs.uk/oce](http://www.ouh.nhs.uk/oce)

## **What is physiotherapy?**

At the Oxford Centre for Enablement (OCE), physiotherapists assess and treat people with a wide range of neurological conditions.

The role of the physiotherapist is to help improve:

- Moving and walking.
- Arm function.
- Independence in everyday life.
- Strength and flexibility.
- Fitness and exercise tolerance.
- Posture and balance.

They also work closely with the treating team to:

- Reduce pain and discomfort

## Treatment options

Depending on your goals, treatment may include, if appropriate:

- Individual exercise programmes
- Retraining of functional skills such as standing and walking or transferring from one surface to another
- Electrical stimulation - to improve strength
- Splinting or casting - to maintain range of movement
- Hydrotherapy - exercises in warm water
- Sensory re-education - to retrain sensory awareness
- Management of spasticity
- Group therapy
- Cardiovascular exercise training using equipment such as exercise bike (motomed)
- Pain management
- Arm and hand re-training

## What to expect?

At the OCE, physiotherapy is tailored to meet each person's individual needs.

Your initial physiotherapy assessment will take place within the first week, as part of the multidisciplinary assessment at the OCE. This will include a review of your strength, range of movement, balance, sensation and function. The physiotherapist will work with your occupational therapist to provide you with appropriate seating and a safe method to transfer between your bed and chair.

You will set goals with your physiotherapist to work towards during your stay. Goals should be therapy team goals, not just be physio specific, based on your priorities. These are based on what is important to you and will be reviewed every two weeks.

Physiotherapists work closely with other members of your treating team to promote your independence and wellbeing.

We will support you to undertake intensive practice. There is evidence that intensive practice of exercises and activities leads to improved outcomes. If possible, we encourage you to practise these independently or with family/friends between therapy sessions.

Advanced Rehabilitation Assistants may support you with your exercises between therapy sessions, in the evening or at weekends.

Family members and friends are welcome to join your sessions if you would like, however there may be times where it is easier to maintain attention with fewer people around. If this is the case, we would encourage you to speak to your therapist about this.

If you are continuing to make progress at the point you are discharged from the OCE, a referral can be made to an appropriate community therapy team or an outpatient service to work towards ongoing goals.

Rehabilitation continues lifelong, increasingly led by you. We may offer support to your ongoing rehab journey through referrals to other therapy teams and disciplines.

# Notes



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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February 2025  
Review: February 2028  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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