

## Whilst on the Ward & Preparing to Go Home

If you are having surgery, you will be advised on any post-operation instructions related to your rehabilitation by your Surgeon/Physiotherapist the day after any surgery. You will also be advised on breathing and circulation exercises to carry out until you are mobilising.

After your operation you will need to allow some time to get back to full function. The Therapy Service may carry out assessments and offer advice to help maximise independence.

- Transfers from bed/chair/car/wheelchair
- Walk safely with walking aids if necessary.
- Go up and down the step/stairs safely if appropriate.
- Develop a home exercise programme to maximise your independence.
- Use the toilet safely with or without equipment as required.
- Seating / positioning.
- Personal care (eg bathing, toileting and dressing).
- Discussing your domestic activities at home such as cooking.
- Discuss future plans (eg return to driving, work or leisure activities).

If it is felt further rehabilitation is required prior to your discharge home the Team will discuss alternative options with you and make appropriate plans.

## Availability

Generally we are available from  
**Monday Friday 08.30 am–4.30 pm**

## What if I have other concerns?

If you require further information then please ask to speak with our (or your) CPs, Physiotherapist or Occupational Therapist.

### Contact Details

**Senior Therapist  
Bone Infection Unit Office  
Nuffield Orthopaedic Centre  
Windmill Road  
Headington  
Oxford OX3 7LD**

**Telephone:  
01865 737551 (Occupational Therapist)  
01865 227245 (Physiotherapist)  
[www.noc.nhs.uk](http://www.noc.nhs.uk)**

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**Bone Infection Unit, Education & Research Fund:  
Informing Patients**

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# Bone Infection Unit Therapy Services

**Our expert therapists can assist  
your discharge home from hospital**

# Introduction

In this leaflet we describe the therapy services you may encounter during your hospital stay.

This may include Occupational Therapists (green trousers) and Physiotherapists (navy trousers). We are able to help maximise your mobility and independence after your surgery.

## Before you are admitted

Many people experience difficulties in carrying out daily tasks in their own home. Often getting on and off chairs or in and out of a bath can be difficult due to poor mobility or joint problems.

During this time you may have difficulties with using the stairs, bathroom, toilet or chair. Preparing meals can be challenging because of having to use walking aids. Shopping, may be difficult initially, you may wish to consider stocking your freezer or asking family and friends for assistance following your discharge.

You can help yourself and us by thinking of solutions before your admission. This could include moving your bed downstairs, ensuring friends or relatives are around to help or removing obstacles from around the house including things you may trip over (loose carpets, rugs, or wires) or that may get in the way of walking aids (if you require them).

Difficulties at home could be a result of a variety of different causes. People who are awaiting an operation often benefit from adaptive aids and equipment before being admitted to ensure independence is maintained.

If you experience any difficulty with daily tasks you may benefit from an assessment with an Occupational Therapist. If you are having difficulty walking or climbing stairs you may benefit from an assessment with a Physiotherapist.

Your therapist and GP can help you in thinking about solutions. Your GP should be able to arrange this locally.

If you have been given a home measurement sheet prior to your admission, please ensure it is filled in for you to bring with you on admission. This involves measuring the heights of your furniture at home.

## Things to Bring with You

- Supportive pair of shoes/slippers.
- Practical loose clothing.
- Splints or braces currently used.
- Hearing aids.
- Special walking aids/wheelchairs used (clearly labelled with your name)
- Contact details of current occupational therapist/physiotherapist.
- Completed Home Measurement sheet