



# Physiotherapy

for adults with learning disabilities



# A physio can help you with...



- moving around



- positioning and posture



- walking



- transferring



- after surgery or broken bones



- trying out new physical activities like



→ swimming



→ going to the gym

# We can see you at...



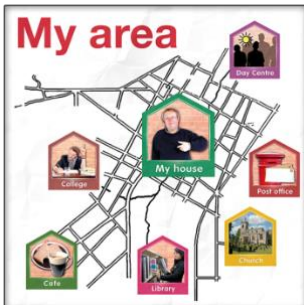
- your home



- your work



- your college



- your day service  
or in the community

# Who we can help



- you



- your family or carer



- your friends



- your support worker

# We can support you by...



- trying to do things in a different way
- making it more comfortable for you to do things like



→ lying down



→ sitting



→ moving around



- showing you exercises



- trying new exercises with you



- teaching your family, friends or support workers how to help you



- giving you advice



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