

# Physiotherapy

***Specialist physiotherapy  
treatment for people with  
cancer or another life  
changing illness***

**The Beacon  
Specialist Community Cancer &  
Palliative Care Service**



# Physiotherapy

Physiotherapists are experienced in the care and treatment of a whole range of physical problems which you may experience as a result of your illness or its treatment. The physio's at the Beacon are specialists in the treatment of people with cancer or who have palliative care needs.

We use physical approaches to promote, maintain and restore your physical well-being in order to help you to continue your normal daily activities.

We aim to help you achieve your maximum level of independence and functional ability, to gain relief from distressing symptoms and pain and to minimise some of the effects which your illness or its treatment may have on your quality of life.

## **We may be able to help with:**

- Difficulties with mobility e.g. getting up from a chair, coping with stairs and with walking.
- Ways to improve or prevent muscle weakness and joint stiffness.
- Problems with balance, co-ordination and neurological function.
- Maintaining and improving posture, flexibility and general physical fitness.
- The treatment of pain problems using manual techniques, electrical treatments or acupuncture.
- Problems with breathlessness.

# Physiotherapy

## **I would like to see a Physiotherapist .... what do I do now?"**

We can assess you at The Beacon Centre or at home and work with you to develop a treatment or rehabilitation programme to address your needs.

You will need a referral from a health professional such as:-

- Your Macmillan Nurse Specialist
- Beacon Assessment and Therapy Nurse
- GP
- District Nurse
- Consultant or a member of the hospital team.

We will then contact you to arrange a convenient appointment.

Many conditions respond well to treatment when referred at the earliest opportunity.

## **A Co-ordinated team approach.....**

Providing Physiotherapist's work together with other healthcare professionals to provide a co-ordinated team approach to your care and treatment, both at The Beacon Centre and at your home.

We specialise in:

- Helping during recovery from treatments such as surgery, chemotherapy or radiotherapy.
- Suggesting coping strategies to help you adjust if your physical status has changed.
- Information, support and practical help.
- The management of fatigue, energy conservation and pacing of activities.

The Beacon is your local specialist Service which provides a positive approach to living with cancer and progressive life changing illnesses.

Expert health care professionals provide support and information within the friendly and relaxing atmosphere of The Beacon Centre and at home.

The Beacon can help you and your family to cope at any point during your treatment or illness, from the time of diagnosis onwards.

## **The Beacon**

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Palliative Care Service  
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