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| **New Physiotherapy self-management website** A new website has been launched to assist patients and staff with their recovery.The [Physiotherapy self-management site](https://www.nhsggc.org.uk/your-health/health-services/allied-health-professionals-ahps/physiotherapy/) aims to support patients recovering at home following a period of illness, including COVID-19.While the information and advice contained in the site is ideal for those who have been discharged from hospital, it is also suitable for those who have not required hospital admission. | cid:image006.jpg@01D69311.191A2800 |
| Developed by a group of physiotherapists and occupational therapists from across NHSGGC, the site contains a wealth of information, including advice on physical activity, managing fatigue and breathlessness. Information and guidance is also available on recovering from COVID-19 and life after intensive care.Please pass on details of this new resource to patients. |
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| **It is important to share Core Brief with colleagues who do not have access to a computer. A full archive of printable PDFs are available on** [StaffNet](http://nhsggc.us12.list-manage.com/track/click?u=0f385b5aea37eaf0213bd19fb&id=4a0fd596c9&e=5af5e1832c)  |
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