

www.aftertrauma.org



# AfterTrauma

Over 40,000 people suffer traumatic injury every year. Of those that survive, the road to recovery can be long. But anything is possible with the right support.

**After Trauma** is a new on-line community & resource for traumatic injury survivors, families and friends. Find other people with the same experiences, recovery advice, information about support services and more.

## FIND OUT MORE

www.AfterTrauma.org has information on different kinds of injuries, symptoms and difficulties, and where to get help.

There is also a chatroom for trauma survivors!



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Back at home - Therapy discharge information

**You have/have not been referred for Physiotherapy**  
(Physiotherapist to delete as appropriate)

If you have been referred, the name of the service is in the box below

**You have/have not been referred for Occupational Therapy**  
(Occupational Therapist to delete as appropriate)

If you have been referred, the name of the service is in the box below

**You will require Therapy at a later date**  
(Therapist to delete as appropriate)

When you are reviewed in the hospital clinic, please discuss a referral with the doctor for more rehabilitation if you have not returned to your previous level of activities. They can then make this referral.

**Should I continue the exercises given by the therapists at The Royal London Hospital?**

Yes. You should continue with the exercises that you have been shown.

**What should I do if I am in more pain or I am finding it difficult to manage?**

In the first instance, contact your GP and explain the situation. Your GP has access to all your local therapy and social services and can refer you to these for help.

**When can I return to sports/driving/work etc.?**

Returning to high energy or high impact work can be challenging on your body. Please speak to your consultant at The Royal London Hospital, or to your GP, and they will be able to advise you.

For more information and to use the patient forum access [www.afftrauma.org](http://www.afftrauma.org)

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