

# Adult Learning Disability Physiotherapy Service

“Optimising function for the greatest quality of life”

## Who do we see

This specialist Physiotherapy team provides assessment and treatment to any adult with a diagnosed Learning Disability, who is unable to access mainstream Physiotherapy services by reason of their Learning Disability.

We are based at Lynebank Hospital but provide a Fife wide community service.

## Indications for referral

- Movement and Mobility Problems/ Falls.
- Orthopaedic conditions and soft tissue injuries, pain.
- Posture, seating and positioning problems including pressure care issues.
- Neurological conditions & secondary complications.
- Respiratory Conditions/Complications.
- Poor cardiovascular function and exercise tolerance.

**The service aims** to enable the client to be as independent as possible, maximising their health and wellbeing by improving mobility, movement and function, where necessary advising on appropriate equipment.

## How to refer

Anyone can refer into the service via the single point of access referral form (SPoAR). This can be requested via:

Telephone: 01383 565230

Email: [Fife.LDReferrals@nhs.scot](mailto:Fife.LDReferrals@nhs.scot)

## General Enquires

We're here to help, please do not hesitate to contact us via:

Telephone: 01383 565253

Email: [fife.ldphysiotherapy@nhs.scot](mailto:fife.ldphysiotherapy@nhs.scot)

Address: Lynebank Hospital, Halbeath Road, Dunfermline, KY11 4UW