

UNIVERSITY HOSPITAL LLANDOUGH

ALL WALES ADULT CYSTIC FIBROSIS CENTRE

Physiotherapy Service

Who are we?

Becky Mills-Bennett Lead physiotherapist
Sarah Thomas-Senior Inpatient physiotherapist
Carwyn Bridges -Senior Outpatient/Community/Musculoskeletal
physiotherapist
Laura Kimberley-Specialist outpatient physiotherapist
Steve Howard-Exercise Technician
Vicki Angulatta-Physiotherapy assistant

What can we do for you?

- We can assess your respiratory health and help you to record your lung function; we usually do this at every clinic and every couple of days if you require a course of intravenous antibiotics.
- We advise you on your airways clearance techniques; we can teach you new techniques, help to evaluate your current technique and maximise its effectiveness, and help you to try and fit it into your lifestyle.
- We can advise on timings of your nebuliser and inhalers and the techniques for taking them in order to help them to be as effective for you as possible.
- We can measure your exercise capacity and advise you on appropriate types and timings of exercise to help you achieve your exercise goals. We can also offer you exercise daily as an inpatient, weekly as an outpatient in our gym or link up in a virtual setting regularly at your convenience and location.
- We can advise you on your posture and how to keep it good.
- We can treat joint/muscle aches and pains should you become injured.

- We can assess and treat your sinuses if you are having problems with them.
- We can assess and treat incontinence problems.
- We can visit you for an assessment at home relating to any of these issues if you live within an hours driving radius of the centre, if not we can link up virtually on the internet.

Our aim is to help you live a full and active life throughout all stages of Cystic fibrosis and to minimise the impact of the treatments that help enable this to happen.

Feel free to contact us on;

02920716841 bleep 4989