**My health plan with the physiotherapist**

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| A person sitting on a medical bed  Description automatically generated |  | This is my health plan with the **physiotherapist.**  A physiotherapist is a health professional that supports the way you move (movement) and how this can support you to do everyday tasks. |
| Needs assessment |  | My health care needs for movement are:   * (Nurse to add content) * (Nurse to add content) * (Nurse to add content) |
|  |  | The physiotherapist contact details are:   * Name: * Organisation: * Phone: * Email: * Address: |

**My health plan with the physiotherapist**

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| A person sitting on a medical bed  Description automatically generatedA person pointing to the side  Description automatically generated |  | My goals with the physiotherapist:   * (Nurse to add content) * (Nurse to add content) * (Nurse to add content) |
| A picture containing text, screenshot, font, rectangle  Description automatically generated |  | My actions for my movement:   * (Nurse to add content) * (Nurse to add content) * (Nurse to add content) |
|  |  | Next health appointment to check-up on this is:  (add time, date, location). |