Airedale
NHS Foundation Trust

Airedale One Stop

Upper Limb Clinic

Information for patients, relatives and carers

[Physiotherapy Department

Zone A, **A9** at **Airedale Hospital**,
on Tuesday afternoons]

About Us

The Airedale One Stop Upper Limb Clinic is an innovative service, giving you access to different healthcare professionals in a single hospital visit.

In the clinic you will have a specialist consultation, any required tests or scans, and access to treatments such as injections and physiotherapy all in one stop.

The clinic provides immediate diagnosis, faster treatment, and reduces the need to come back for further hospital visits.

Will I need to do anything before my clinic appointment?

PROMs (**P**atient **R**eported **O**utcome **M**easures)

This online system will be used by the doctors to see how bad your arm problems are. By filling in the online forms you will be able to show how your problems affect you. You will also be able to tell us about your care and experience.

You will need to access the PROMs via the web link below or by photographing this QR code with your smart phone. If you do not have access to the internet or need support we will be able to offer you help to complete the PROMs during your visit to the hospital (but this may delay you being seen).

https://secure.amplitude-registry.com/pro-one/patient-portal/airedale

Who will I see in clinic?

The clinic is staffed by Shoulder and Elbow Surgeons (including Mr. Bowe, Mr. Tyler and Mr. McCormack), a Radiologist (Dr. Bharath) and Specialist Physiotherapists (including Ms. Hedley and Miss. Holdsworth).

The team is also supported by administration and nursing staff.

How long will my appointment last?

Your clinic appointment may last all afternoon (up to 4 hours).

The one stop clinic is designed to deliver assessment, tests and treatment in one visit. It is not always possible to say how long your visit will last as this will depend on the number of tests you require.

Although we try to ensure that the relevant assessment, tests and treatments are delivered in one visit, we cannot guarantee this. Sometimes the clinic is very busy and some individuals may need to be brought back for another appointment.

Where is the one stop clinic held?

The clinic is held in the Physiotherapy Department **Zone A**, **A9** at **Airedale Hospital**, on Tuesday afternoons.

Please report to the Physiotherapy Department Reception, where you will be welcomed by our reception staff, and shown where to wait.

What can I expect in the clinic?

There are a few changes you will notice to a normal clinic. The clinic involves detailed examination, diagnosis and treatment planning.

First you will be seen by a member of the surgical team, who will ask you about your problems and examine you. After this assessment they will discuss any planned tests. They will also go over any questions you may have.

You may have some of these following tests after your initial consultation:

X-ray - X-rays are mainly used to look at the bones and joints. They are a type of radiation.

Ultrasound - Ultrasound is mainly used to look at soft tissues such as muscles and tendons. An ultrasound scan is a painless test that uses sound waves to look inside the body.

Injection - Sometimes a local anaesthetic and steroid injection is recommended. Ultrasound can be used to make sure the injection hits the right spot. It is safe and will be fully explained to you. **If you have an injection you will be advised not to drive home.**

After the assessment and tests, you and the surgical team will make a plan. This plan may involve further specialist tests not available on the day, it may involve surgery or it may involve physiotherapy.

Surgery: If surgery is planned this will be explained to you. If

you wish to have the surgery, a consent form will be completed and you will be placed on the waiting list.

Physiotherapy: If physiotherapy is planned, the first session will happen in the One Stop Upper Limb clinic during your appointment.

What will happen next?

The Airedale One Stop Upper Limb clinic is leading the way in virtual patient follow up.

You may not need a face to face follow up appointment after this clinic.

We aim to treat most upper limb problems in the single appointment, but we need to know if your treatment is working. Traditionally the surgical team would bring you back to clinic to find out if your problems have improved.

The One Stop Clinic Upper Limb clinic will monitor your progress using the online PROMs system. This is why it is so important to fill it in.

The PROMs system will email you at specific points during your recovery so you can let us know how you are getting on.

What do I do if my problem gets worse again?

Face to face follow up will be available if your problems get worse. The number to call for this is:

01535 292116

Shauna Mullan, Secretary to Mr. Tyler, Mr. Bowe and Mr. McCormack

It is still very important to fill in the PROMs as requested.

THE PROMs web address is:

https://secure.amplitude-registry.com/pro-one/patient-portal/airedale

THE PROMs QR code is:

Just take a photo of the box with your smart phone

YOUR HOSPITAL *Here to care*

If you are deaf or have a hearing or speech impairment, the Text Relay Service can be used to contact us. Dial **18001** followed by the contact number on your letter.

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

Authors: James Tyler (Consultant upper limb surgeon)
Michelle Sellers (Orthopaedic sister)
Date of publication: July 2026
Date of review: July 2028

www.airedale-trust.nhs.uk