




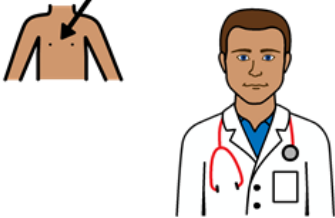




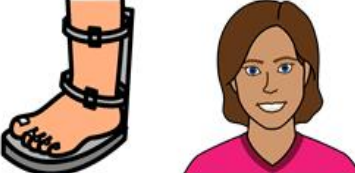
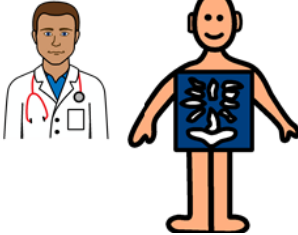


# Your Passport to the neuromuscular clinic

## Who am I booked to see today?

Check your appointment letter and tick who you are booked to see at clinic.

Flip the page to learn a little about each person's job and some of the equipment you may see when you visit neuromuscular in clinic.











 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/> Physiotherapist
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/> Respiratory (breathing) doctor
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/> Breathing Lab
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/> Orthopaedic doctor

# Your Passport to the neuromuscular clinic

Your Team	What do they do?	*All the words in bold are explained on the next page
 	<b>Doctor (Neurologist)</b>	This is the doctor who will manage your overall healthcare at the clinic. They may ask you questions about what you find easy or difficult and any concerns you have about your body. They may ask you to do some activities (like run or jump) or they might move your arms and legs, perhaps tap them with a <b>reflex hammer</b> .
	<b>Physiotherapist (physio)</b>	A physio will check on how your arms and legs move, your walking and your strength. They will use a <b>goniometer</b> to measure parts of your body and ask you to do some activities. They may ask how you are going with physical things at home and school too.
	<b>Nurse coordinator</b>	The nurse works with you, your family and your whole team to manage your care. She may also take some measurements using equipment such as an observations <b>monitor, scale</b> or <b>height measure</b> .
	<b>Respiratory (breathing) Doctor</b>	This doctor looks after your lungs, and asks questions about your breathing, cough, sleep and fitness. They may listen to your chest with a <b>stethoscope</b> and ask you to cough for them.
	<b>Dietitian</b>	The dietitian will ask you about what you like to eat and how you stay healthy. They may give you some suggestions of new food to try, ask you to sit on the <b>scales</b> and measure your <b>height</b> .
	<b>Breathing Lab</b>	In this room you will do an activity using a machine called a <b>spirometer</b> to measure how much air your lungs can hold. It does not hurt and is quick to do.
	<b>Occupational Therapist (OT)</b>	An OT will ask how you do the activities that may be most important to you-like playing, dressing yourself or learning at school. You might do some activities here too, such as squeezing a <b>myometer</b> or writing.
	<b>Orthopaedic (muscle &amp; bone) Doctor</b>	This doctor is a bone and muscle expert. They may look at your arms, legs or back as you grow. They may also ask you to show them how you walk or ask you to have an <b>x-ray</b> done.
	<b>Genetic counsellor</b>	This person will help you and your family learn about your diagnosis and how it might affect your daily life. They can give you support and information to help you plan your future.
	<b>Orthotist</b>	The orthotist can make special shoes or equipment to support your body to grow and move at its best.
	<b>Social Worker</b>	Social workers provide information to help you and family look after your wellbeing and access the support you may need to make life easier.

# Your Passport to the neuromuscular clinic

## Some of the equipment you might see at clinic

What does it look like?	What is it called?	What does it do?
	<b>Stethoscope</b>	Your team will use this to listen to your breathing by placing the round part on your chest and listening quietly. They may ask you to take big breaths as they listen.
	<b>Reflex hammer</b>	The doctor will give you a gentle tap on your arms and legs with his hammer, don't worry it won't hurt.
	<b>Goniometer</b>	The physio will place this gently on the side of your arms or legs to measure how far they can move.
	<b>Myometer</b>	You may be asked to squeeze or push this to measure how strong your muscles are.
	<b>Sitting scales</b>	You may be asked to sit in a chair like this and it will measure how much you weigh.
	<b>Height measure</b>	You might be asked to stand with your back against the wall and the beak will go on top of your head. It will tell the nurse how tall you are.
	<b>Spirometer</b>	You will use this equipment to measure the air going in and out of your lungs.
	<b>X-ray equipment</b>	You might be asked to lie still on a bed like this and the camera above will take a photo called an x-ray.
	<b>Clinic bed</b>	The bed in the clinic rooms you go into may look like this. In some of your appointments, your team might ask you to sit or lie on it. It goes up and down too.
	<b>Observations monitor</b>	The nurse may use this machine to check on how you are feeling. She may wrap a cuff around your arm and put a little gentle clip on your finger.