Physiotherapist

Sam Reid, 16 · Date of birth 2 June 2010

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Hospital and treatment

ITEM	DETAIL	SOURCE	REVIEW BY
Injuries and surgery	Knocked off a bicycle by a car on 19 Sep 2026. Broken left thigh bone, fixed with a nail on 20 Sep. Broken right wrist, in a cast until 30 Oct. Concussion, nothing on the scan. Grazes down the left side, healed.	Confirmed: GP record, from the discharge summary of 25 Sep 2026	
Follow-up	Fracture clinic with Ms Adeyemi on 14 Nov at 09:40. Physiotherapy at the community hospital on Tuesdays and Fridays. Concussion review with Dr Lawal was due by 7 Nov.	Confirmed: Hospital and GP	7 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
My wellness	Thigh aches by the evening and after physio. Paracetamol works within half an hour. Wrist is stiff first thing. Not sleeping well since the accident.	Sam wrote this, 3 Nov	

ITEM	DETAIL	SOURCE	REVIEW BY
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	

Situations for your role

PE, sport or cycling HIGH

Crutches, half weight, no PE, no cycling until the fracture clinic says so. Earliest 14 Nov. Check the record again after that date.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Registration: _____ Date: _____