

Themes identified from reasons for attending physiotherapy at a neuromuscular centre

BASIC CODES	CATEGORIES	OVERARCHING THEMES
Exercises to stretch and strengthen Ease pain Encourage pro-activity	Mobility and independence	PHYSICAL THERAPY
Slow progression General fitness Assess and monitor	Maintenance and prevention of contractures	
Confidence building Fun Relaxing	Positive environment	GENERAL WELLBEING
Social interaction Share experience	Emotional support	
Aids for daily living Standing frame Hydrotherapy pool	Specialised equipment	ACCESS SPECIALISED RESOURCES
Advice Education	Information exchange	
Specialist Supportive Access to regular treatment	Physiotherapy staff	

Barriers for attending physiotherapy at a neuromuscular centre

State of condition Fatigue	Health	PERSONAL
Work and study Hospital appointments Looking after kids	Other commitments	
Staff shortage Too many clients	Availability of appointments	CENTRE
Lack of resources Closure of pool	Lack of funding	
Distance to travel Lack of local access	Time cost	ECONOMICS
Travel expense Extra carer and driver time	Financial cost	
Increased flexibility Reduce stiffness Reduce pain Psychological	Physical and emotional wellbeing	POTENTIAL BENEFITS