

Excellence in rural healthcare



Lower Limb Rehabilitation

Physiotherapy Department

Pilgrim Hospital
Telephone 01205 445359
8.30am to 4.00pm

www.ulh.nhs.uk

You have been referred to an exercise class held in the physiotherapy gymnasium. The course duration is usually between 4 to 8 sessions. Each session lasts for 1 hour. The class is run by a Senior and Junior Physiotherapist. It is at the discretion of the physiotherapist in the gym that the intervals between your sessions may vary. This may be guided by the progress that you make.

The overall class aims are to:

- Improve independence and confidence to exercise
- Utilise gym equipment for best results
- Promote self-management

The class is a mixed sex group setting. However, each person will be carrying out an individual treatment plan guided by the physiotherapist in the class.

Please wear loose clothing and appropriate footwear for exercise. Please note that changing facilities are limited with nowhere to store valuables. Cold refreshments are provided, however, please feel free to bring your own drink.

On arrival please report to physiotherapy reception where you will be advised on where to take a seat. You will be collected by the physiotherapist from the waiting area and taken to the physiotherapy gym.

The physiotherapists leading the class are always happy to answer any questions you may have. Please feel free to ask.

Attendance at subsequent appointments is expected to obtain best results and unexplained absences will result in discharge from treatment. Should you be unable to attend please contact the department on the number on the front of this leaflet.

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk