

# Hand rehabilitation group

This leaflet explains more about the hand therapy rehabilitation group (HRG).

If you have any further questions, please speak to the hand therapist caring for you.

## What is the hand rehabilitation group?

The hand rehabilitation group is a weekly group session that aims to provide you with the space, equipment and support required for your recovery. Your therapist will work with you to develop a programme that targets your rehabilitation needs over a six-week period.

Once you start the group there will be two members of staff present to help you progress your programme as required. Please discuss with the group therapist if you feel the standard six-weekly appointments need to be altered to best suit your needs. Some patients feel they need only three or four sessions while others feel they would benefit from an additional session.

You will also have a follow up appointment booked with your primary hand therapist following the group to review any ongoing therapy needs you may have.

## Who can attend/receive the service?

This group is run for hand therapy patients only. Each patient referred to the service has been identified by their primary therapist as someone who would benefit from regular, supervised exercise therapy input.

## Where do I need to go?

The hand rehabilitation group takes place in the physiotherapy gym on the **3<sup>rd</sup> floor of Lambeth Wing, St Thomas' Hospital**. It runs each Monday morning from **8.30am to 9.30am**.

For your first session please attend the **hand therapy department 15 minutes before** the group starts and you will be shown to the gym by a member of staff.

## What do I need to bring with me?

Your primary therapist will advise you on anything that you need to bring to the group (for example, splints that you may be using).

HRG start date: \_\_\_\_\_

Session 2: \_\_\_\_\_

Session 3: \_\_\_\_\_

Session 4: \_\_\_\_\_

Session 5: \_\_\_\_\_

HRG finish date: \_\_\_\_\_

Primary Therapist Review Date: \_\_\_\_\_

## Contact us

If you have any questions, please call the hand therapy department on 020 7188 4172 (Monday-Friday, 8am-5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

t: 020 7188 3514 (complaints) e: [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: [www.nhs.uk](http://www.nhs.uk)

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