

Physiotherapy department

Advanced lower limb class

You have been referred to the advanced lower limb class at St Thomas' Hospital. This leaflet provides some information about the class and exercising at home, between classes.

If you have any further questions or concerns, please do not hesitate to contact your physiotherapist.

What to expect

This is a six week independent exercise class, which is supervised by physiotherapists and a technical instructor. It is designed to allow people to return to their chosen sport or activity. Upon completion of the class, you will be expected to continue with your exercises at home or at a gym.

The classes

On your first session, you will be inducted where the gym team will show you a variety of lower limb strength and conditioning exercises. Your referring physiotherapist will also provide you with a set of specific exercises for your condition that the gym team will progress during the six weeks.

Once you have been given your programme, you will be able to perform your exercises independently. The gym team will be on hand to help you progress with your exercises.

The classes run on the following days:

Days	Times
Monday	5:30pm – 7:00pm
Wednesday	8:00am – 9:00am
Friday	8:00am – 9:00am

Where do I need to go?

The class is held in the physiotherapy gym, **Physiotherapy Department, 3rd Floor Lambeth Wing, St. Thomas' Hospital Westminster Bridge Road, London SE1 7EH**

The classes run outside normal physiotherapy hours, so you may need to enter via the back entrance to the gym or wait for a staff member to open the front doors. Please be punctual for your first class so that we can show you round the gym.

Attendance

You must let us know if you are unable to attend a session. You can either tell us the previous week or call the gym (020 7188 5090) during class times. Due to high demand, it is not possible to attend extras sessions if you miss a class due to illness or unavailability.

If you fail to attend and do not re-book with in one week you will be discharged from the class.

What do I need to bring with me?

Please wear suitable clothing to exercise in e.g., trainers, shorts, t-shirt. There are changing facilities available at the back of the gym. Avoid bringing valuables, as we cannot accept responsibility for lost or damaged personal items.

Exercising between classes

To get the maximum benefit from attending the class, you must practice the exercises at home or in your local gym. You should practice between classes and continue with your exercises once the 6-week course has finished. This will help you to achieve your goals and return to sport. Progressing with your exercises will maintain and build on the work done in the class. You can do this by increasing the number of repetitions, or by holding weights while performing the exercise. Ask the class physiotherapists if you are unsure how to progress exercises.

While you may feel tired during or after your exercises, you should not feel an increase in pain. If you do feel pain, it may be that you have progressed too quickly and need to perform your exercises at a lower level.

Enjoy!

We hope you enjoy the class and that it will allow you to quickly return to an active lifestyle.

Contact us

If you have any questions or concerns please contact the Physiotherapy department on **020 7188 5094 Monday–Friday, 8:30am – 5pm**

Useful sources of information

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

Leaflet number: 1683/VER2

Date published: March 2013

Review date: March 2016