

Physiotherapy department

Lower limb class

You have been referred to the lower limb class. This leaflet provides some information about the class and exercising at home, between classes. The classes are held at both Guy's and St Thomas', your physiotherapist will tell you which hospital you need to attend.

If you have any further questions or concerns, please speak to your physiotherapist.

☐ Classes at Guy's

Classes are held in either the;

Occupational Therapy Gym (OT Gym), Physiotherapy Reception, Ground Floor, Tower Wing, or Therapies Rehabilitation Unit (TR Unit), Basement, Tower Wing, both are at Guy's Hospital, Great Maze Pond, London SE1 9RT.

Days	Times	Location
Monday	4.00pm – 5.30pm	OT Gym, Ground Floor, Tower Wing
Tuesday	12.00pm – 1.30pm	TR Unit, Basement, Tower Wing
Tuesday	5.30pm – 7.00pm	OT Gym, Ground Floor, Tower Wing
Thursday	4.00pm – 5.30pm	OT Gym, Ground Floor, Tower Wing

☐ Classes at St Thomas'

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

Days	Times
Tuesday	1.00pm – 2.00pm
Wednesday	12.15pm – 1.15pm
Thursday	1.00pm – 2.00pm

What to expect

You will be expected to attend once a week for four weeks. For your first session, you will be asked to come 15 minutes earlier so that the physiotherapist can induct you into the class. For follow up sessions, you will be required to be ready to start the class (changed and ready to go) no later than 15 minutes after the scheduled start time on the day of visit.

Once you have completed the course, you will be able to continue your rehabilitation at home or at a gym.

The classes

The class will take the form of a warm up followed by a circuit of exercises and a cool down period. The circuit of exercises that you will cover in the class will be taught to you during the induction. The gym team will be on hand to help you progress with your exercises.

You should not feel an increase in pain, though you should expect to feel tired and slightly 'achy' after the class. Please tell the physiotherapist if you do experience an increase in pain during the class.

Class goals

Your referring physiotherapist will set goals with you that you can work to achieve over your rehabilitation period. Making progress with your exercises is important so that you continue to improve to improve your strength and fitness. If you have any questions or need more information please ask your physiotherapist.

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.

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 5108 or 0207 188 5099**) 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.

Please note – If you fail to attend, do not inform your class physiotherapist or you do not rebook within one week of you missing the class, **you will be discharged.**

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 four week course has finished. This will help you to achieve your goals and return to activity. Your physiotherapist can provide a list of affordable local gyms.

You should always begin exercising by spending approximately five minutes warming up. Then start by performing the same number of repetitions and sets of each exercise that you perform in the class.

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.

Enjoy!

We hope you enjoy the class and that it will allow you to return quickly 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: **t:** 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

Patient Transport Service – If you need to use our patient transport service, a member of our team needs to assess whether you are eligible. This involves a brief telephone interview and is completely confidential. Assessments must be carried out at least 48 hours before your appointment. If you think you may be eligible for this transport service, please contact the Patient Transport Assessment Team.
t: 020 7188 2888

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

NHS Direct – Offers health information and advice from specially trained nurses over the phone 24 hours a day.
t: 0845 4647 **w:** www.nhsdirect.nhs.uk

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

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