

Physiotherapy Department

Reconditioning and exercise class

You have been referred to the reconditioning and exercise class at Guy's Hospital. This leaflet provides information about the class and about exercising at home between classes. If you have any questions or concerns, please speak to your physiotherapist.

What is the reconditioning and exercise class?

This class, run by the physiotherapy department, aims to help you return to an active lifestyle as quickly as possible.

The **first part of the class** includes a group exercise session led by the technical instructors. This will include both upper and lower body exercises. Please be punctual for your first class in particular, as this will include an induction session with one of the technical instructors, who will:

- run through the format of the session with you
- create some goal-specific exercises for you to practice in the class.

The **second part of the class** will involve you performing specific task/functional exercises (up to three) as outlined by the instructors during your induction. These will be based on the goals you have discussed with your physiotherapist prior to attending the class.

If you have any questions or if there is anything you are not sure about, please approach a member of the team and ask for their help.

When is the class held?

Classes are held either on:

Monday afternoons from **3:30pm to 4:30pm**, running for four weeks.

Location: Physiotherapy Outpatient Department, Ground Floor, Tower Wing, Guy's Hospital
t: 020 7188 5099

Classes will be run as a small group of six patients supervised by two of the physiotherapy technical instructors.

Once you have completed the four-week course, you will be expected to continue your rehabilitation at home or in the gym.

What do I need to bring with me?

Please wear clothing that is suitable for exercise, such as trainers, shorts and a t-shirt. There are changing facilities onsite, as well as a water fountain that you can use.

Class goals

Prior to attending the class, your physiotherapist will have set some goals with you. It is important to have these goals in mind when attending the class as you work to achieve them over the four weeks. Goals could be orientated towards returning to work, or establishing a regular routine of exercise in the gym/at home.

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 department to rearrange an appointment. **If you fail to attend a class and do not rebook within one week you will not be able to attend any further classes.**

Exercising between classes

To get the maximum benefit from attending the class, you must practice your 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 long-term goals.

Your physiotherapist can provide a list of Southwark and Lambeth leisure facilities.

Progressing with your exercises will help build on the work done in the class. You can do this by increasing the number of times you repeat each exercise, or by holding weights when performing the exercises. Ask the technical instructors for advice if you are unsure how to progress the exercises.

Although you may feel tired during or after the 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.

Contact us

We hope you enjoy the classes and that they allow you to quickly return to an active lifestyle. If you need any further information please call the physiotherapy reception on **020 7188 5101** or **020 7188 5103** between 8.30am and 5pm, Monday to Friday.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

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

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

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