

Physiotherapy department

What next? After the dynamic control class (DCC)

The aim of this leaflet is to help you maintain the improvements you have made during your time spent in the dynamic control class (DCC).

Many of the exercises you have completed in the class are based on the principle of maintaining a 'neutral spine' while the exercise is carried out. This 'neutral spine' principle comes from Pilates.

We encourage the continuation of Pilates based exercise once you have finished with the class to help you maintain improvement and to reach your goals.

Why Pilates?

Unfortunately there are no dynamic control classes in the community. However, Pilates is an excellent way to supplement the exercises from the dynamic control class, and a natural progression that will help you maintain a healthy back.

Research has shown that Pilates is an excellent way to continue your rehabilitation and improve symptoms following an episode of back pain.

You may find it easier to continue to exercise when you attend a class, which makes Pilates matwork an excellent option. It can help to:

- improve your posture
- improve your core strength
- improve your joint health by increasing mobility and stability
- reduce the likelihood of injuries recurring
- complement your training for recreational sport and activities.

How much will it cost?

The cost of group Pilates matwork classes varies depending on where you book, class size, time of day and membership. However, the cost will usually be around £5 to £10 per session in South London. Please ask at each individual leisure centre regarding class times and pricing.

Pilates matwork classes available in Lambeth and Southwark

St Thomas' Hospital

Physiotherapy Outpatient Department, 3rd Floor Lambeth Wing, St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH

t: 020 7188 5904 (Marie Daniels, Wednesdays from 5.30pm, beginners/advanced)

Camberwell Leisure Centre

Artichoke Place, off Camberwell Church Street, London SE5 8TS

t: 020 7703 3024

Dulwich Leisure Centre

45 East Dulwich Road, London SE22 9AN

t: 020 8693 1833

Elephant and Castle Leisure Centre

22 Elephant and Castle, London SE1 6SQ

t: 020 7582 5505

Peckham Pulse Healthy Living Centre

10 Melon Road, Peckham, London SE15 5QN

t: 020 7525 4999

Seven Islands Leisure Centre

100 Lower Road, Rotherhithe, London SE16 2TU

t: 020 7237 3296

Surrey Docks Watersports Centre

Rope Street, off Plough Way, Greenland Dock, Rotherhithe, London SE16 7SX

t: 020 7237 4009

Brixton Recreation Centre

27 Brixton Station Road, Brixton, London SW9 8QQ

t: 020 7926 9779/80

Ferndale Community Sports Centre

Nursery Road, London SW9 8PB

t: 0845 130 8998

Flaxman Sports Centre

Carew Street, London SE5 9DF

t: 020 7926 1054

Contact us

If you have any questions or concerns about the dynamic control class (DCC), or want information regarding ongoing Pilates classes, please contact the physiotherapy department on **020 7188 5094 (Monday to Friday, 8.30am-3.30pm)**.

Notes

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Useful sources of information

Pharmacy medicines helpline – For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

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

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 288

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