

Reach Out – Part of the upper limb neuro-rehabilitation service

This leaflet explains more about the Reach Out neuro-rehabilitation group at St Thomas' Hospital. You have been referred to this group to address difficulties you have with your hand or arm. If you have any further questions, please speak to your physiotherapist, doctor or nurse.

What is Reach Out?

Reach out is a specialist group that provides rehabilitation for people with neurological difficulties affecting their arm or hand. It is a multidisciplinary group which means it is run by both a physiotherapist and an occupational therapist. You will be in a group with up to five other people who have difficulties affecting their arm or hand.

The Reach Out programme consists of some assessments and six group exercise sessions. With your input, the staff running the group will design a tailored exercise programme for you to do when you come to the group. We know from research that using your affected hand and arm for day to day tasks is vital for making progress with your rehabilitation. It is important to do the exercises every day at home to see improvements.

The group exercise sessions aim to:

- strengthen weak muscles
- normalise sensation
- practice tasks to increase the daily use of your hand and arm
- improve the quality of the movements you make with your hand and arm

Who can attend the service?

The occupational therapist and physiotherapist who assessed you in the Upper Limb Clinic have referred you to Reach Out because they believe you would benefit from the regular exercise programme.

Where do I need to go?

The Reach Out group is held in the neuro gym, in the Physiotherapy Department, on the 3rd floor of Lambeth wing, St Thomas' Hospital. The group starts at 11am on a Friday, every other week. The sessions last about an hour. Hospital transport is available if you require it.

If you are unable to attend the group one week please let us know by telling the therapists at the group, or by calling 020 7188 5088

Does it cost anything?

Attending the Reach Out group is free.

What do I need to bring with me?

You do not need to bring anything with you. Wear comfortable clothing to exercise in and if possible a vest or short sleeved top as we may need to access your bare arms during the group.

During the session

During your first session you can discuss your aims and goals with the therapists. The group sessions consist of a circuit of exercises with your own programme of day-to-day tasks to practice, among other things. The therapists will be on hand to help progress your exercises and ensure you use good quality movements. When you have completed your six sessions we strongly recommend that you continue with your exercises at home, every day, to maintain the improvements you made during the time you attended sessions.

Contact us

If you have any questions or concerns about Reach Out, please contact one of the outpatient Neuro Physiotherapy team on 020 7188 5088 (Monday to Friday, 8.30am to 4.45pm) Please leave a message if no one is available and your call will be returned.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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
t: 020 7188 3514 (complaints) **e:** 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

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

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