



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Class Information

Physiotherapy Department



Appointment time:
Dates

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What is the purpose of group exercise classes?

Ashford & St Peters hospital Physiotherapy departments host a variety of classes. Depending on why you have been referred to physiotherapy, your physiotherapist will have chosen the most suitable class for you.

The classes are 1 – 1.5 hours long, aiming to:

- Increase range of movement
- Increase strength, stability, and flexibility
- Help you return to full function/work/leisure activities
- To help you establish a regular exercise regime

The class includes: a light warm up, followed by a circuit of exercises, and ends with a cool down and stretches.

The exercises may include a variety of equipment such as: weights, theraband (elastic exercise band), balance equipment and gym balls. Each exercise has a variety of levels, to allow you to challenge and progress yourself each week. We encourage all patients to maintain a healthy lifestyle & exercise regularly. If you are interested in discounted gym rates please ask about our exercise referral scheme.

In your first session:

- The chartered physiotherapist that is running the class will guide you through the exercises to ensure you have the right technique.
- It is vital that throughout the class you maintain the correct posture taught to you by your physiotherapist.
- At the end of the session you may be required to fill in a questionnaire so we can monitor your progress.

What will you need to bring & wear?

- Comfortable and loose fitting clothing, flat comfortable shoes
- Bring a drink to prevent dehydration
- **Bring any medication you might need along with you eg. Inhalers, GTN spray**

Your responsibilities:

- To progress yourself through the level of exercises with guidance from the therapist
- To attend on time and let us know in advance if you will be unable to attend
- It is important for you to perform the exercises regularly at home to build on your progress. If you need a copy of the exercises, please ask the physiotherapist.
- To always check in using the self-check in machine at physio reception, and wait outside the big gym until you are called in.

What happens if you miss a class?

If you are unable to attend a class, please contact the appropriate department with at least 24 hours' notice on the following numbers:

Ashford: 01784 884484

St Peter's: 01932 722547.

If you cannot get through to a receptionist, please leave a message on the phone. Please attend your next allocated session as normal. Any appointment you cannot attend will come out of your allowance of sessions. The Trust's access policy states that patients will be discharged if they do not attend their appointment or cancel more than two appointments.

What happens when you have had your sessions?

You will return to your previous physiotherapist for a 1 to 1 review or, if we are happy with the progress you have made, you may be discharged directly from the class.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

Author: Jesal Patel

Department: Physiotherapy

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