

It is important to carry out some exercises at home during the course of the group to maintain the hard work that you do during the class.

At the end of the group there is the option of continuing independent gym based exercise sessions at Lift gym with the support from their personal trainers at £1 a session. Please ask a member of staff or visit the Lift website for more information. [www.liftislington.org.uk](http://www.liftislington.org.uk)

### Further information

#### Islington Additional Needs & Disability Service

The Northern Health Centre  
580 Holloway Road  
London N7 6LB

Tel: 0203 316 1892  
Fax: 0207 690 2860

#### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whithealthPALS@nhs.net](mailto:whh-tr.whithealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Islington under 18s  
Musculoskeletal Physiotherapy

Back On Track Group  
at



## What is the Back On Track (BoT) Group?

The BoT group is a weekly exercise group for adolescents who have been referred to physiotherapy and would benefit from a gym based exercise programme to help manage their musculoskeletal condition.

These gym sessions aim to give adolescents an opportunity to build their confidence and technique with independent exercise in a supportive environment.

## Aim of the BoT Group

A block of six progressive gym based exercise sessions to assist with:

- goals of returning to sport or completing an activity limited by injury/pain
- bridging the gap between 1:1 physiotherapy and independent exercises
- Develop muscle strength to protect joints during phases of growth, when joint and muscles are more vulnerable to injury

## Where and when

Weekly sessions will run at Lift – Islington Council's healthy living hub for young people - on Friday's 16:00 – 17:00.

45 White Lion Street  
London  
N1 9PW

## Session outline

The BoT group involves completing your own personalised gym based exercise programme prescribed for you by your physiotherapist to help you reach your goals.

Exercises may consist of body weight strengthening exercises, pilates based matwork exercises, and exercises using gym based equipment.

There will always be a physiotherapist and a physiotherapy assistant present during the whole session should you require further assistance, and to teach you how to use the gym equipment safely.



As you continue to attend the sessions, your exercises will be progressed and new exercises will be added to each session.

There will be up to 10 participants taking part in the group at a time. Please note there may be other young people who are members of Lift gym and Lift gym personal trainers using the gym space during this time.

## What you need to bring

- A drink of water to have during the session
- Wear clothes and shoes suitable to exercise in
- Please bring your Lift registration form and hand it in to Lift reception at the start of your first session
- Please sign in at reception when you arrive for each session

## Our expectations during and after the group:

Please attend all six sessions, if you do not attend a session without notifying the physiotherapy team you may be at risk of being discharged from the group.

Your progress in the group will be monitored and regularly passed on to your Physiotherapist.