

Need support with self-management of muscle or joint problem?

Whittington Health now have an easy, safe, and effective way to help you improve your musculoskeletal health without the need for a clinic appointment, through the *getUBetter* app. This provides evidence-based advice for all common muscle, bone, and joint problems, including back, back and leg, neck, shoulder, hip, knee, ankle pain, soft tissue injuries and conditions. You can access *getUBetter* app via the QR code.



NHS choices : Website: www.nhs.uk

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Group Exercise Class Information Guide

MSK Physiotherapy Services

Class: _____

Start Date: _____ **Time:** _____

Class sessions will run at the same time and date consecutively for a total of: ____ weeks.

Location:

- ☐ St Ann's Hospital Tel:0203 224 4789
St Anns Road, Pear Block, C Entrance, London, N15 3TH
- ☐ Whittington Hospital Tel:0207 288 5660
Old Nurses Home, Highgate Hill, London, N19 5NF
- ☐ Hornsey Central Health Centre Tel:020 3074 2720
151 Park Road, London, N8 8JD
- ☐ Holloway Community Health Centre Tel:020 3316 8800
11 Hornsey Street, London, N7 8CG
- ☐ Lordship Lane Primary Care Health Centre Tel:020 3224 4100
239 Lordship Lane, London, N17 6AA

NB: Our phonelines are open between the hours of 09:00-17:00 Monday-Friday and may be busy. If you are unable to speak to someone directly, please leave a message



Class information

- You have been referred by your physiotherapist to a group exercise class.
- This is designed to improve your mobility, strength and help you better manage your symptoms. You should aim to practice this routine at home twice per week. Please attend all booked sessions for optimal benefits.
- If you miss a session, you will not be able to attend for an additional week.

What to expect

- The class is a group activity, and you will participate alongside other people with similar injuries. All classes are mixed gender. The format may include a combination of exercise and education, which will allow opportunities for questions.
- Before attending the first class, your clinician will explain the general process and complete a brief induction.
- On your first session, the class team will complete a more detailed induction to familiarise you with the available equipment and exercise stations.
- If you have not used the equipment before, or you are unsure how to do an exercise, please ask the class team for assistance until you feel more confident.
- The clinician will clarify your goals and check your progress throughout the classes, but please let them know if the exercise is too easy, too difficult or too painful, so that they can adjust things for you.

How to prepare

- Please ensure you are appropriately dressed to exercise and are wearing sensible footwear such as trainers.
- If you wear sandals, it is likely that you will not be able to participate for safety reasons.
- Please bring your own water bottle.
- Please bring any relevant prescription medication with you may need during the class, e. g. inhalers. If at anytime during the session you are feeling unwell, please inform the class team.
- If you have had a change to your health that affects your ability to participate, please inform the class team, or contact the relevant location where we will liaise with your referring physiotherapist.

Attendance Policy

- We have a strict attendance policy to ensure that we can provide a fair and equal service for all.
 - Please ensure you are able to fully commit to all of the sessions before agreeing to the class referral.
 - If you are unable to attend and you do not provide us with at least 24 hours' notice, this will be counted as "did not attend" and you may be discharged from the service.
 - If for some reason you are no longer able to attend your booked sessions, please inform the class team, or alternatively call the relevant location on the numbers listed on the front page.
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