

Group exercise class Information guide MSK Physiotherapy Services

Class: _____

Start Date: _____ **Time:** _____

The classes will happen on the same day and at the same time each week, for a total of ___ weeks.

Location:

St Ann's Hospital 020 3224 4789
St Anns Road, Pear Block, C Entrance
London N15 3TH

Whittington Hospital 020 7288 5660
Old Nurses Home, Highgate Hill
London N19 5NF

Hornsey Central Health Centre 020 3074 2720
151 Park Road
London N8 8JD

Holloway Community Health Centre 020 3316 8800
11 Hornsey Street
London N7 8CG

Lordship Lane Primary Care Health Centre 020 3224 4100
239 Lordship Lane
London N17 6AA

- **Our phonedlines are open between the hours of 9 am and 5 pm, Monday to Friday, and may be busy.**
- **If you are unable to speak to someone directly, please leave a message.**

Class information

- Your Physiotherapist has signed you up for a group exercise class.
- This class will help you move better, get stronger, and handle your symptoms more easily.
- You should do the exercises at home twice a week.
- Please come to all your scheduled classes so you can get the most benefit.
- If you miss a class, you won't be able to come again until the following week

What to expect

- The class is a group activity, and you will join other people who have similar injuries.
- Women and men are in the same class.
- The sessions may include both exercise and learning time, and you will have chances to ask questions.
- Before your first class, your clinician will explain how the session works.
- At your first session, the physiotherapy class team will explain in more detail how the session works and will introduce you to the equipment and exercise stations.
- If you have not used the equipment before, or you are unsure how to do an exercise, please ask the physiotherapy class team for help until you feel more confident.
- A clinician will talk with you about your goals and see how you are doing during the classes.
- Please let them know if the exercise is too easy, too difficult or too painful. They can adjust the equipment for you.

How to prepare

- Wear clothes that you can exercise in and wear trainers.
- Do not wear sandals. You will not be able to take part in the exercises for safety reasons.
- Bring your own water bottle.
- Bring any medicine you might need during the class, like your inhaler.

- If you feel unwell during the session, tell the physiotherapist class team.
- If your health changes and makes it hard for you to join the class, please tell the class team or call the class location so we can talk to your physiotherapist.

Attendance Policy

- We have a strict attendance policy, so everyone gets a fair chance to join the class.
- Make sure you can come to all the classes before signing up.
- If you cannot make a class, you must tell us at least 24 hours beforehand.
- If you do not let us know, it will count as a “did not attend” and you might be taken off the program.
- If you are no longer able to attend your booked classes, please tell the class team, or call the relevant location on the numbers listed above.

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

- Whittington Health now has a safe and easy app called getUBetter to help you improve your muscles and joints without needing to visit the clinic.
- This provides evidence-based advice for all common muscle, bone, and joint problems.
- This includes back and leg, neck, shoulder, hip, knee, ankle pain, soft tissue injuries and conditions.
- You can access getUBetter app using the QR code below:



Contact our service

MSK CATS and Physiotherapy Services

Tel.: 020 7288 3317 Email: whh-tr.mskinterfaceservice@nhs.net

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient advice and liaison service (PALS) 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.

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