

# Rehabilitation group

## Information for patients

### **Welcome to the rehabilitation group at the Royal Free Hospital.**

You will benefit a lot from joining us and exercising on a regular basis. Benefits of exercise include:

- Reducing your chance of:
  - Type 2 Diabetes by 50%
  - heart disease and stroke by 35%
  - falls and depression by 30%
  - joint and back pain by 25%
  - osteoarthritis by up to 83%
  - cancers (colon and breast) by 20%
- Help to maintain a healthy weight
- Help to maintain your ability to perform everyday tasks with ease
- Improving your self esteem

Furthermore, attending an exercise group can help you to:

- feel supported
- reduce your levels of pain

- establish a regular exercise routine
- reduce your stress levels
- improve your quality of sleep

The rehabilitation group is led by a skilled physiotherapist and a therapy assistant who will ensure that you gain as much as possible from attending the session.

The exercise group takes place in the large gym, which is located in the physiotherapy department on the lower ground floor of the Royal Free Hospital. It runs five times a week:

- Monday 9am or 9.45am
- Tuesday 4.30pm
- Friday 9am or 9.45am

We strongly advise you to attend the class twice a week for six weeks to get the most out of the sessions. These sessions will not run on bank holidays.

### **Personalised exercise programme**

Your physiotherapist will design an individualised exercise programme for you. During your first session, the physiotherapist running the group will ensure you are happy with your exercise programme. They will also help make your exercise programme more challenging as your exercises become easier.

## **What should I do if I am unable to attend a session?**

Please contact the physiotherapy department on 020 7830 2127. As the group is very popular, if you do not attend your sessions and don't contact us, we will discharge you from the group as we will assume that you no longer want to attend.

## **How long will each session last?**

Each session will last around 45 minutes depending on your exercise programme.

## **What should I wear?**

Please wear clothing suitable for exercising in and trainers – you will not be able to participate with your exercise programme in bare feet or open-toed sandals.

Please do not bring anything valuable with you to the session as we cannot store these anywhere safely.

## **Can I eat before exercising?**

Please don't eat a large meal within two or three hours of the exercise session.

## **Is drinking water available?**

Yes.

## **If I feel unwell during the group what should I do?**

Please inform the physiotherapist immediately.

For more information about the therapy service at the Royal Free London, please visit our website:

[www.royalfree.nhs.uk/services/services-a-z/therapy-services](http://www.royalfree.nhs.uk/services/services-a-z/therapy-services)

If you have any feedback on this leaflet or for a list of references for it, please email:

[rf.communications@nhs.net](mailto:rf.communications@nhs.net)

**This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please ask a member of staff.**

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