

Dear Employee,

Thank you for enquiring about **Lower Limb Rehabilitation Class**. Please find below information about the group, medical questionnaires and directions for Townsend House and the Physiotherapy Department.

What is it?

- Exercises and education aimed to improve strength and mobility of the hip, knee and ankle joint.

Who is it suitable for?

- Employees with hip, knee or ankle pain either as a result of recent injury or an ongoing problem that is having an impact on their ability to perform their duties.
- Suitability will be determined following an initial 1:1 assessment with an OH Physiotherapist.

When is it?

- Monday 1500-1600
- Tuesday 1200-1300
- Thursday 1200-1300
- Friday 0700-0800(combined BFG & LL)
- Friday 1100-1200

You should attend 6-8 classes within a 3 month period to complete the course.

Please arrive 10 minutes earlier the first time.

If you need release during work time to attend, then this must be discussed and agreed with your manager.

What does it involve?

The class consists of different sections

- Warm up/ down
- General strengthening exercises
- Fitness exercises
- Specific balance and control exercises

How do I book the classes?

- APD employees can self refer by calling Physio Reception on 0845 6000 1776 or 1776. The appointment must be in your own time. We also accept Manager and HR referrals.
- All other employees are referred for physiotherapy assessment by their manager.

What is Expected of Me?

- To complete 6-8 classes on a weekly basis within a 3 month period.
- To continue with the exercises on a daily basis. It should add up to 15 minutes a day.
- You should start to **work at a level which is comfortable** for you, and then gradually increase what you can do. However, don't worry if you get some increased discomfort during or after the first one or two classes as your body gets used to doing more. This will improve over time.

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Who takes it?

- The physiotherapists from OH Physiotherapy Clinic

What can I expect of the Physiotherapists?

- The physiotherapists taking the class should explain how to perform the exercises.
- They are happy to answer any questions about the exercises and will check you are performing them correctly
- We look forward to meeting you and hope you find the class enjoyable and beneficial

Where is it?

- Physiotherapy Gym - 2nd Floor
- Townsend House, Greycoat Place
- Nearest tubes St James Park or Victoria

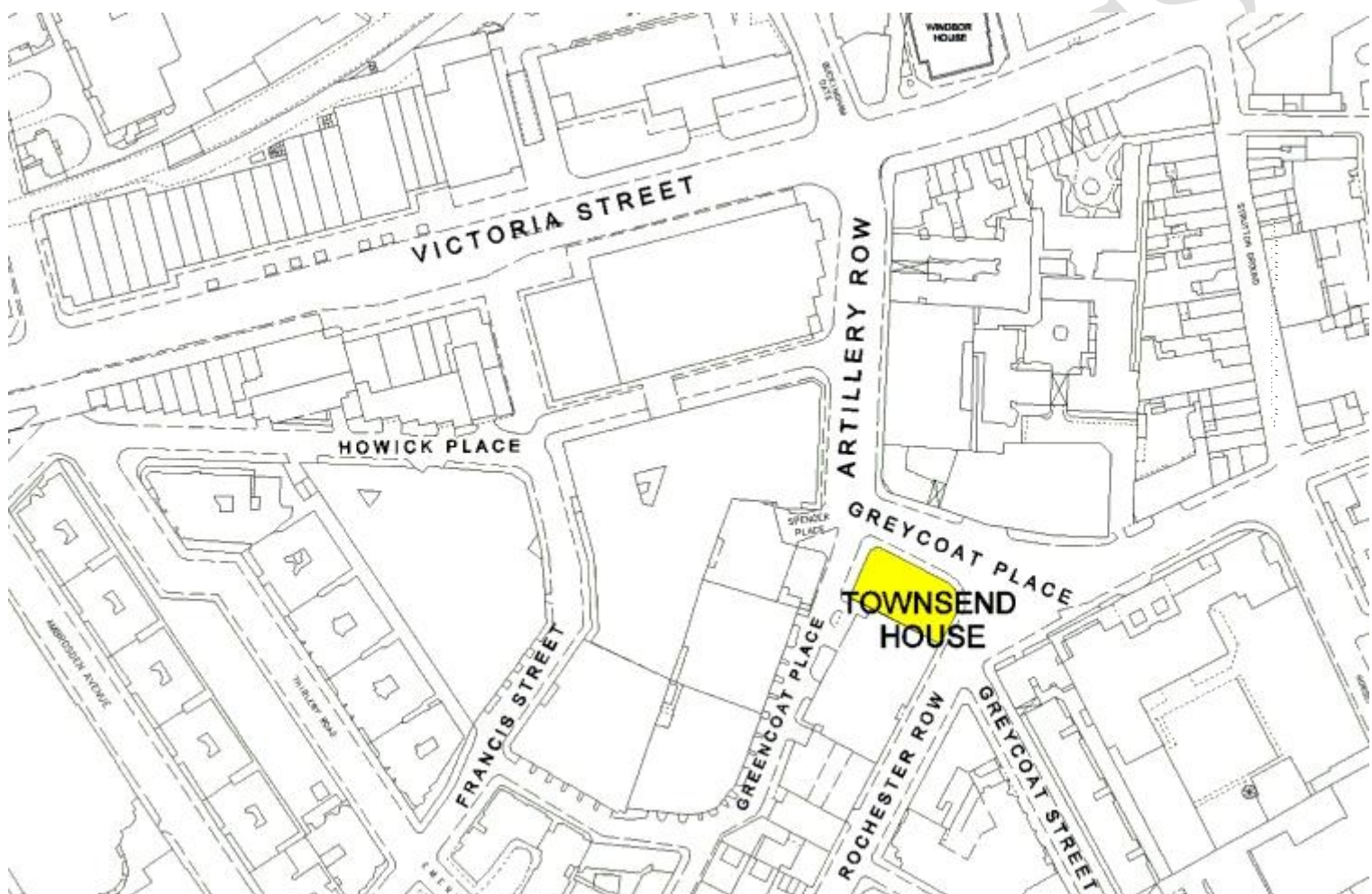
What must I bring?

- Clothes comfortable to exercise in.
- If you would like a shower, bring towel etc. You will need to ask the physio where this is.
- Completed Questionnaires - must be **brought with you to the class** (do not send/fax to LUOH)

Any queries, then please contact us on 0845 600 1776 or auto 1776.

DIRECTIONS:

From St James's Park tube take the Park & Broadway exit. Follow the signs through the shopping mall for Broadway, Victoria Street & New Scotland Yard. Exit the shopping mall, turn right & proceed along Broadway. At the traffic lights cross Victoria Street into Strutton Ground, follow the road to the end and turn right into Greycoat Place. Townsend House is directly opposite Costcutters. Back Fitness Group is held in the physiotherapy gym which is located on the 2nd Floor of Townsend House.



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