

## INFORMATION FOR PATIENTS

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# Exercise groups information

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### Introduction to exercise classes

Exercise can help you improve range of movement of a particular joint, build strength, help recover from an injury or help manage long standing problems.

Group exercise classes provide a structured programme that you will complete in a social environment alongside others with similar conditions.

During the exercise group, there will be a qualified therapist and a therapy assistant to help guide you through your exercises.

### What to expect?

You have been referred to the ..... exercise class.

This exercise group you are attending will be from ..... until ..... on a ..... for the next 5 weeks.

Please report to Clinic 10 reception. Ensure you arrive 5-10 minutes before the start of the class to allow you time to sign in. You will be advised to wait in the corridor. The therapist will come and collect you at the start time of the class.

Secondary to the COVID-19 pandemic, we have had to change how we deliver some of our services. You will be directed to an exercise 'station' where there will be a range of equipment and some pictures to help guide you through the exercises.

The aim of these exercises is to help you achieve your goal(s), which will be discussed with your referring therapist.

We expect that you continue with the exercises that you learn in the class at home to help you reach your goals.

After the 5 week programme, you will be referred back to your usual physiotherapist or discharged from the service to continue with self-management.

You may also be asked to fill in a short feedback questionnaire on completion of the group. This helps us continue to develop our services for the future.

If for some reason you cannot attend a particular session, please tell us in advance using the contact details overleaf, or informing us the week before in the class. The sessions unattended **will not** be added on to the programme as they are group-based.

### Guidance on COVID-19

You must not attend this exercise class if you have a persistent dry cough, loss of taste and sense of smell or a high temperature. You must also not attend if someone you live with has been diagnosed with COVID-19 recently.

On attending the exercise class, please be mindful of social distancing and hand hygiene.

You will also be expected to wear a face mask around the hospital unless exempt, however, you will not be expected to wear a face mask during the exercise class.

## Contact details

Therapy Services  
King's Mill Hospital  
Mansfield Road  
Sutton in Ashfield  
Notts  
NG17 4JL

Clinic 10 reception: Telephone 01623 672384.

Generic physiotherapy team email address: [Sfh-tr.physiotherapy-outpatientskmh@nhs.net](mailto:Sfh-tr.physiotherapy-outpatientskmh@nhs.net)

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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