



MSK + together

An integrated MSK service for Mid-Nottinghamshire

B-FIT

Welcome to the B-FIT programme!

We are pleased you will be joining others on this programme to help you manage and improve your pain, better understand how your back pain affects you and what things can affect your back pain. The programme aims to improve your quality of life, help you stay active and get you back to doing the things you enjoy.

Please read this leaflet carefully as it contains important details of the programme and what to expect.

WHAT IS B-FIT?

B-FIT is a group for patients with back pain. The class integrates education topics as well as aspects of individual, group, circuit and equipment-based exercises. All individuals work to their own levels and the lead physiotherapist can help you learn when and how to progress the exercises at your pace.

WHERE ARE B-FIT CLASSES?

B-FIT is run across several gym locations across the Mid-Nottinghamshire region covering Newark and Sherwood as well as Mansfield and Ashfield. You will be able to select your choice of location when our admin team contact you to book your sessions.

HOW MANY SESSIONS WILL I COMPLETE?

B-FIT is run over 6 sessions in total containing both educational and physical exercise components. This allows us to track your progress over a longer period of time and encourage self-management strategies. **It is important you are able to commit to the programme in order to reap the benefits.**

If you are unable to attend one of your classes, please discuss this with the group leader. If you are unable to commit to more than two classes during your course, please discuss with the clinician referring you, whether there is a more suitable option for you.

WHAT YOU SHOULD DO BEFORE/ DURING YOUR FIRST CLASS?

To make sure the programme is successful, you'll be asked to complete some questionnaires about your pain and management. You'll be asked to complete questionnaires again at the end of the 6 sessions. This helps you see how much progress you've made and lets us keep track of how B-FIT helps people. The B-FIT programme has a Digital Care Plan and library of helpful information about back pain, which you can access through the NHS App. **Please access your digital care plan before coming to your first class.** Sign up for NHS App here <https://www.nhs.uk/nhs-app/>. You can access Care Plans through **Your Health** in the App.

WHAT TO BRING TO YOUR FIRST CLASS

Please wear some loose-fitting clothing, comfortable shoes, a water bottle and reading glasses if required. **If you have any questions before the first class, call us on 01623 484820.**

We look forward to welcoming you soon!

Class attendance is recorded in the same manner as a one to one physiotherapy appointment. If you fail to attend your class without letting us know, as per policy, you will be **discharged** from the department.