

## If you cannot attend your appointment

If you are unable to attend, or your circumstances change, then please contact us on **07881 838610**. If you miss appointments without letting us know you may be discharged.

Letting us know if you are going to miss an appointment as soon as possible makes the best use of NHS resources and gives us the opportunity to offer your appointment to another person, so we appreciate your co-operation.



## Watch our film!

We have made a short film that explains more about our rehabilitation gym sessions and shows you a session at Hoyland taking place.

Watch it at [www.barnsleytherapy.co.uk](http://www.barnsleytherapy.co.uk) or scan this code with a Smart Phone.

## Contact us

For all enquiries and appointments please contact **07881 838610**

[www.barnsleytherapy.co.uk](http://www.barnsleytherapy.co.uk)

Physiotherapy Department  
Hoyland Leisure Centre, West Street,  
Hoyland, Barnsley, S74 9EH



Job No. 6202 March 2015

### Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about our service. Please speak to a member of staff or contact our Customer Services team on 0800 587 2108. If you would like help understanding this information, please also contact us on this number.

South West Yorkshire Partnership   
NHS Foundation Trust



## Rehabilitation gym sessions

*Information for patients*



[www.barnsleytherapy.co.uk](http://www.barnsleytherapy.co.uk)

**07881 838610**



With all of us in mind

## What are the gym sessions?

These sessions consist of a series of individual exercises, where you are encouraged to work at your own pace and level of comfort.

This rehabilitation takes place in a studio, under the guidance of an NHS member of staff.

## How does it work?

Our rehabilitation gym sessions are for both men and women of any age. There's a great atmosphere at our sessions; they are very friendly and relaxed.

You will gain most benefit from attending these sessions if you attend weekly, for 6 weeks. However we do understand that this is not always possible so we can always arrange some flexibility to suit you. Please do inform us in advance if you may not be able to attend regularly.

## What are the benefits?

The possible benefits include

- ▶ A reduction of pain and any muscle spasm



- ▶ An increase in your range of movement / flexibility
- ▶ An increase in your muscle strength
- ▶ An improvement in your balance
- ▶ An improvement in your day-to-day activities
- ▶ Preventing reoccurrence of your symptoms
- ▶ Encouraging relaxation and stress relief

## But what if I'm not used to exercising?

Don't worry, these gym sessions aren't about making you do lots of gruelling exercise. It's about giving you tailored, specific exercises to help your particular condition. The exercises are designed to help you feel better. It doesn't matter if you have never been in a gym before, we'll guide you through all the exercises.

## How to register

These sessions are offered following an assessment with a physiotherapist (if you need to arrange this assessment speak to your GP or call 01226 433225).



## Attending your session

Sessions take place in Studio 2, Hoyland Leisure Centre, West Street, Hoyland, Barnsley, S74 9EH.

### What to wear

You don't need to wear any special clothing, just something loose and comfortable. Please also wear clean, flat, non-slip footwear; trainers or sports shoes are ideal.

If you have a knee or ankle problem it is helpful if you can wear shorts - or if you have a shoulder or arm problem, please wear a vest top or something with short sleeves. This helps our staff to monitor these areas when you do an exercise. But, above all, please wear something you are comfortable in.

You may also want to bring some jogging bottoms or a long-sleeved top in case you feel cool in the studio. Please avoid bringing valuables to the session.

### When you arrive

Go to reception and ask them to give you directions to Studio 2. There are also changing rooms available, if you need them. On your first visit please arrive 10-15 minutes before the session is due to start. This means you can have a quick chat with our staff before your first session. On future visits please arrive just before the session starts.

### Warm up

It's really important to warm up before doing any exercises; we will help you do this each session. Should you arrive late after the warm-up exercise has begun, you may not be able to participate in the session.

### Medication

If you usually need to use medication during exercise, such as an inhaler or GTN spray, please bring it with you. You will not be able to participate in the session without having this medication with you.

### At the end of a session

You will be asked to take a few minutes to complete an outcome form, this is to assess if there has been any change to your condition so that we can continue to tailor our care for you.