

My Core Class Appointments

Name: _____

	Date	Time
Week 1		16:30
Week 2		16:30
Week 3		16:30
Week 4		16:30
Week 5		16:30
Week 6		16:30

CORE CLASS



If you are unable to attend a session, Please let us know by

contacting:  01202 448251,

We hope you enjoy your Class!

**Poole Acute Children's Physiotherapy Department,
Poole Hospital NHS Foundation Trust**

01202 44 8251

WELCOME TO Core Class!

If you have back ache caused by poor posture, weak core muscles or muscle tightness then the Core Class is for YOU!

What is The Core Class?

- A six week course running every week for 45 minutes.
- The Core Class is held in the Neuro gym, Therapy services, Physiotherapy, Pink Zone
- The group aims to help you manage your back ache by strengthening your core muscles, improving your posture and improving your spinal fitness in a fun and interactive way.

When is Core Class?

- The group will run every Wednesday from 4:30-5.15pm for a six week block **starting on Wednesday**
- The physiotherapist/physiotherapy assistant taking the group will call you in from the waiting area.
- Please arrive 15 minutes before the start time to make the most of the Core Class - Thank you!

What happens in The Core Class?

- The group will start with a group warm up session to get your back and muscles ready for the circuits.
- Then we will work through spinal fitness exercises and circuits.
- After the circuits there will be a cool down session where we will do lots of stretches to improve your flexibility.

What do I need to bring with me?

- Wear appropriate, comfortable, loose clothing.
- Drink - we would encourage you to bring a drink (water is available outside the gym).
- Medication - If you need any medications (e.g. inhalers for asthma) please bring them with you and inform the physiotherapist.

Who will be in The Core Class?

- A children's physiotherapist and assistant will supervise the session and be available to help you at any time.
- Up to 8 other children/adolescents, boys and girls will be in the group with you.

How many sessions will I need?

- You will need to attend all the sessions
- **If you fail to attend one of the six sessions, e.g. due to illness, you may continue to attend the course but please inform us with at least 24 hours' notice if possible.**
- **If you fail to attend two sessions in a row without informing us, you will be discharged from the class and discharged from physiotherapy.**
- At the end of your course you will have a review with your physiotherapist in clinic. If you are experiencing problems you can be referred back to your physiotherapist sooner.