

## Welcome to the Lower Limb Class.

If you need help to improve the strength and function of your lower limbs then the Lower Limb Class is perfect for you!

### What is the Lower Limb Class?

- This is a 6 week program running weekly for 45 minutes.
- Every week will be different to challenge various aspects of lower limb rehabilitation such as strength, balance, core stability and jumping.
- The class will include group based warm up, fun and challenging circuits followed by a game and cool down to finish.
- Rehabilitate your lower limbs and to teach you about your lower limbs so you have a greater understanding of your problem and how to make it better. The class will also incorporate fitness based elements.
- Although the class will be hard work, we want everybody to enjoy the class too. The class will be fun but if there are any queries or concerns during or after the class don't be afraid to have a chat with your physiotherapists.

### When is the Lower Limb Class?

- Every Tuesday from 16:30-17:15 **please arrive 15 mins prior to the class start time.** (excluding Bank Holidays and school holidays)
- It will take place in the gymnasium or Neuro Gym, Therapy Services, Physiotherapy, Pink Zone.
- **If you fail to attend one of the six sessions e.g. due to illness, you may continue to attend the course but will not be able to repeat the session missed as it is a six week consecutive course, please inform us if you are unable to attend.**
- **If you fail to attend twice in a row without informing us, you will be discharged from the class and discharged from Physiotherapy.**
- If you are unable to attend, Please contact your physiotherapist on:

**01202 448251**

**Please try to give at least 24 hours' notice**

### What do I need to bring with me?

- Please wear comfortable, loose clothing (shorts are most appropriate for lower limbs exercises).
- We encourage you to bring a drink with you. There is also water available outside the gym.
- If you take any medication (e.g. inhalers for asthma), please take these with you and inform the physiotherapist.
- Please switch off or place on silent your child's mobile phone before the class, as their use is prohibited during the class.

### Who will be in the Lower Limb Class?

- A children's physiotherapist and a children's physiotherapy assistant who are there to help you and make sure you are safe.
- There will be up to 9 other young people in the group with you.

### What happens after the class?

- If you feel your issue is better and you are happy to continue with your rehabilitation independently, we can discharge you from physiotherapy.
- If your issue is still causing you difficulty, we can refer you back to your physiotherapist.
- During the course of the class, if your issue is too painful and not responding well to the class, we can refer you back to your physiotherapist sooner.



## My Lower Limb Class Appointments



Patient Name: \_\_\_\_\_

	Date	Time
Week 1 Balance	07/01/20	16:30
Week 2 Core/Pilates	11/01/20	16:30
Week 3 Strength	18/01/20	16:30
Week 4 Cardio/HIIT	25/01/20	16:30
Week 5 Plyometrics (jumping)	04/02/20	16:30
Week 6 Sports Specific	11/02/20	16:30

## The Lower Limb Class



Poole Acute Children's Physiotherapy Department,  
Poole Hospital NHS Foundation Trust  
**01202 448251**

Gymnasium/Neuro Gym - Therapy Services – Physiotherapy  
Pink Zone.