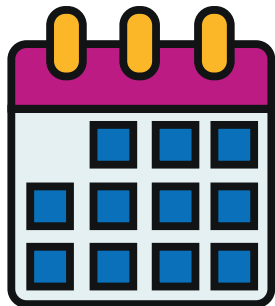


If you cannot attend your appointment

If you are unable to attend please contact us on **07881 838610**. If you don't attend appointments without letting us know you may be discharged.

If you know you are unable to attend one of the sessions and you know this in advance then let your physiotherapist know before starting the class.

Letting us know if you can't make an appointment 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.



What to do next...

All you need to do is speak to your musculoskeletal clinician. They will assess your suitability and complete the referral form.

The sessions take place at either:

Hoyland Leisure Centre

West Street
Hoyland
Barnsley
S74 9EH

Priory Day Unit

Rotherham Road
Monk Bretton
S71 2DA

**For all enquiries please contact
07881 838610**

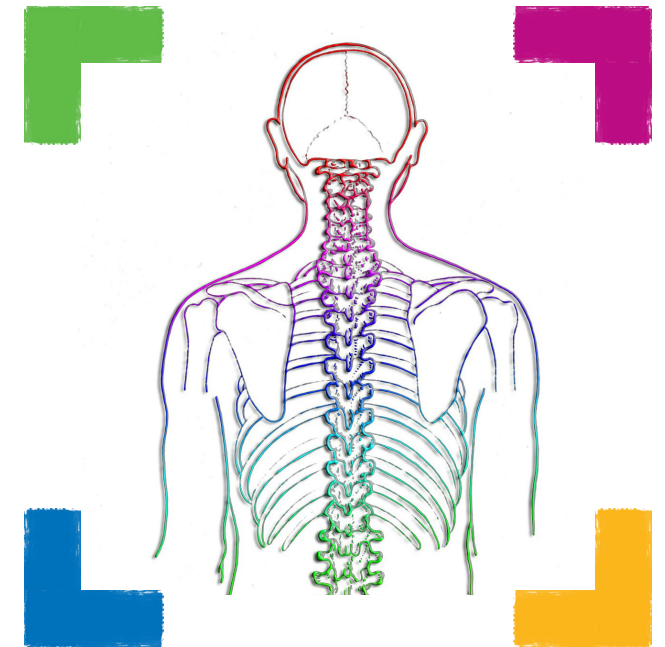
Your feedback is welcome

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.

Job No. 0866 Nov 18

NHS

South West
Yorkshire Partnership
NHS Foundation Trust



Back to your best

Information for patients

**Community
musculoskeletal services
07881 838610**

With all of us in mind.

What is the back group?

The group is an exercise based class to help people with back pain. Back pain can have a huge impact on your life but we want to try and help you continue with regular exercise, improve your exercise tolerance and live an active lifestyle. This can help make your work and leisure activities easier.

Your musculoskeletal clinician will have identified movements and activities which you are finding difficult. The back group aims to work with you to be able to do these more comfortably.

What does the class involve?

The class runs for one hour each week which gives you time to work through different exercises at your own pace and progress them as you continue.

There are Physiotherapists in the class to help you and answer any questions.

There is a lot of evidence to support that exercise helps manage back pain so at the end of the classes it is important that you keep exercising in the long term.



What are the benefits?

The possible benefits of coming to the back rehab group include:

- Reduction in pain
- Increase in your ability to do your daily activities like work and leisure
- Increase in your exercise tolerance
- Increased confidence in your back
- A better way of managing your symptoms long term
- Improved mood
- Better sleep

What if I am not used to exercising?

Don't worry! The sessions are about looking at specific movements and activities that you struggle with. You will have a tailored programme to help you meet your individual goals which your physiotherapist will have discussed with you. We will help guide you with exercises which are designed to make you feel better.



Attending your session

What to wear

You don't need to wear anything special, just something loose and comfortable.

Please wear clean, flat, non-slip footwear for example trainers or sports shoes.

When you arrive

You will have been given a time to arrive. On your first visit, the physiotherapists in the class will have a chat with you and give you an induction.

Medications

Your musculoskeletal clinician will have checked some of your medical history and medications with you before referring you in to the class. If you need medications to exercises, such as an inhaler or GTN spray please bring these with you or you might not be able to participate in the class.

You may have your blood pressure taken before you start the class to make sure it is ok for you to exercise.

