

## Community Rehabilitation Strength & Balance Group Information

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### Why do I need to attend a Strength & Balance Group?

The Strength & Balance Group is designed to address any strength and balance issues that may have been highlighted during your community rehabilitation journey and to improve your confidence within this area. The aim of the group is to enable you to exercise in a safe environment with help from the therapy team.

### What will happen at my initial assessment for the Strength and Balance Group?

During the assessment session we will ask you to participate in a series of assessments and these will be repeated shortly after completing the course. From the feedback we have received, many patients have found this very encouraging. Please bring to the appointment an up to date list of any medication you are currently taking. As a matter of routine we will also ask you for your next of kin contact details.

### What will I be expected to do in the sessions?

During the sessions you will be encouraged to perform a series of exercises in both sitting and standing with support from equipment as required. The exercises are specifically chosen to improve your muscle strength and balance in a supervised environment.

### Are there any risks associated with attending the Strength and Balance group?

As part of the programme we will be teaching you a number of exercises in both sitting and standing which are designed to improve your strength and balance. Research shows that people have the greatest improvements if you are pushed out of your comfort zone, therefore the exercises may feel challenging at times. The clinician will manage the risk to ensure that you are safe and work at a level where you will see improvement, we ask that you continually feedback how you feel to ensure we manage this appropriately. During the sessions there will be staff available who will be able to provide encouragement, supervision and support.

### Do I still need to do my home exercises if I am attending the course?

It is very important that you complete the home exercises that your physiotherapist provides as well as attending the session. Exercises need to be performed multiple times a week to be effective, please see your personalised programme for your prescription. The exercises will produce the greatest improvements if they are prescribed at the right level so do inform the therapy staff if you are finding them either too hard or too easy.

### How do I get to the Strength and Balance Group?

Unfortunately, we are not able to arrange transport for you but we can provide you with details of community organisations that may be able to help with transport if needed.

## Who will be attending?

You will be exercising alongside a small number of other participants with similar strength and balance issues. You will be supervised at all times by at least one experienced staff member.

## How long do the sessions last?

Most sessions run once a week and last for one hour. We ask you to arrive at least 5 minutes before the session commences so that we can make a prompt start.

## How many sessions do I need to attend?

Your clinician will let you know how many sessions you will be invited to attend. By coming to the first session we ask you to consent to attending the majority of the sessions to get the most benefit from the programme. If you feel that you are unable to attend more than half the sessions please do let us know - this will enable us to give your space to someone else on our waiting list and if due to a prior commitment, consider you for a future course.

## What shall I do if I cannot attend a session?

It is very important that you do not attend the session if you are unwell. This includes having had a positive COVID test, a recent episode of diarrhoea and vomiting or if you are suffering from any illness or injury that might affect your ability to exercise safely. Please contact the department to let us know if you are not able to attend or if you wish to discuss any concerns that you have with regards to attending a session.

Please be aware that it is your responsibility to let us know of any changes in medication or new medical conditions that may affect your ability to exercise on that day eg. if you have suffered a recent fall or chest infection or worsening pain levels.

## Do I need to wear any particular clothing?

Please wear suitable clothing such as trousers and flat shoes with good grip.

## Do I need to bring anything with me to the sessions?

It is very important that you bring any medication with you that you may require whilst exercising e.g. GTN Spray or inhalers. You may be asked to bring a mask, dependent upon Trust and National Infection Control guidelines. Please bring a bottle of water to drink during the session.

## Can I bring my carer with me?

Unfortunately, there is limited space within our gym for carers to attend the Strength and Balance sessions. If your carer would like to wait for you in the reception area/on site or you have specific individual requests please contact us to discuss this on an individual basis.

## Will equipment or stations be cleaned after use?

We take infection control seriously and ensure our equipment is cleaned in accordance with up to date local and national guidance. This includes the cleaning of equipment between use and hand sanitization or hand washing dependent upon facilities.

## What happens after I have completed the course?

At the end of the course we encourage you to maintain your fitness levels through participation in community-based exercise programmes within your local area and you will be provided with information about this. It is also important that you continue with your home exercises in order to maintain the improvements you have made during the programme.

## We look forward to working alongside you in our exercise groups.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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