



Upper Limb Class



Monday: 09:00 - 10:00

Friday: 14:30 - 15:30

Exercise Class Format:

- 60 minute exercise class.
- A qualified Physiotherapist will tailor an exercise programme appropriate to your condition. Each week that you attend, your exercises may be progressed as deemed appropriate by the Physiotherapist.
- Exercise sessions are performed in a personal exercise space, to help to maintain social distance.
- You will be assessed after session 2, before a final assessment after session 4 to assess the appropriate next step in your treatment following the class.

Exercise Class Content:

- Range of movement exercises
- Proprioception exercises
- Strengthening exercises
- Scapula control exercises
- Access to a range of gym equipment, including pulleys, free weights and resistance bands to assist with your rehab programme.

Benefits of the exercise class:

- Increase the amount of movement in your affected joint / area.
- Increase the amount function in your affected limb.
- Supervision and refining of your technique, and exercise progression by the present Physiotherapist.
- Improve mental wellbeing.

Other Info:

- Please attend in clothing that is appropriate to exercise in (e.g. shorts or comfortable trousers).
- Ensure you have had appropriate food / drink prior to exercising.
- Bring your inhaler, GTN spray or any other required medication to ensure that you can exercise safely.
- If you cannot attend a session you are booked in for, please contact the department on **0121 424 5446**.

Information for Patients

Your first appointment date:

Physiotherapist name:

Appointment number	Date / Time	Home Exercise progression

Information for Patients

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
 - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.