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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Pelvic Floor Rehabilitation Class

Pelvic Health Physiotherapy



12pm, Friday, River Bourne Club, Heriot Road, Chertsey, KT16 9DR			
Class 1	Class 2	Class 3	Class 4

What is the pelvic floor rehabilitation class?

The pelvic floor rehabilitation class runs once a week at the River Bourne club (Chertsey). You should aim to book into 4 sessions in a row. It is run by a specialist pelvic health physiotherapist for those who require pelvic floor rehabilitation.

The class aims to incorporate pelvic floor muscle exercises into a programme of general conditioning exercises. The exercises used have been hand selected to help you gain greater core stability and can also facilitate return to exercise. The class is run by a specialist pelvic health physiotherapist who is trained in treating those with pelvic floor muscle dysfunction.

The class aims to improve:

- Strength
- Movement
- Flexibility
- Bodily awareness

The class is tailored and can be adapted for different ability levels. You might be guided or encouraged to make some exercises individual to meet your own goals.

What happens in the class?

Each class lasts 40 minutes and takes place in the ground floor exercise studio. It consists of a 5-minute warm up, 8 circuit

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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exercises lasting 3 minutes each (each exercise has 3 levels to suit all abilities) and a 5-minute cool down of stretching exercises. You should inform the physiotherapist if any exercises are painful, cause urinary / faecal leakage or vaginal heaviness.

You may be asked to complete a questionnaire or feedback form at the end of the first / last sessions.

Your responsibilities

Come prepared

- Bring a water bottle and a snack for after the session
- Bring or wear trainers and comfortable clothing you can move freely in such as leggings and a t-shirt
- Please eat 1-2 hours prior to attending a class

On arrival check in with reception and take a seat in the café area; you will be called into the class at the start time. If you arrive a few minutes late please head straight into the exercise studio, however if you are more than 10 minutes late you will not be able to join the class and will be asked to rebook. The class time given is the time the session will begin. Please arrive early to allow enough time to get changed (if required).

We encourage you to also try to complete similar exercises again in the week (a list of exercises will be emailed to you at the time of booking) or if you have been provided a home exercise programme by your physiotherapist then you should complete this through the week.

If you have any questions or concerns, please raise them with the physiotherapist that runs the class.

Parking

Parking is available next to the River Bourne club in the Chertsey library car park. Costs are approximately £1.30 per hour (dependent on length of stay).

Can't make it?

If you can't attend your class appointment, please let us know with 24 hours advance notice by telephoning the Physiotherapy department on: **01932 722547**.

We ask that you make every effort to attend booked classes; our class appointments are valuable and usually have a waiting list. If you cancel a class, we cannot routinely offer additional class appointments to replace the one missed.

As part of the Trust's access policy, if you fail to attend a booked class or cancel on more than one occasion, you will be discharged from the physiotherapy department, any future appointments may be cancelled, and you will need to contact us if you would like to be reinstated.

We look forward to seeing you

Please use these blank pages to make notes in the class about how to do your exercises at home.