

Contact details

- www.arthritisresearchuk.org
- www.nhs.uk/Conditions/Arthritis
- **Lifestyles Team**— Patients are now able to self-refer into a variety of different services. Please refer to the leaflet given out in the group. (Torbay patients only)
- **Visit**
www.torbayandsouthdevon.nhs.uk/services/health-y-lifestyles/ or call 0300 456 1006
- Torbay Physiotherapy Department booking details:
- 0300 456 9987
- www.torbayandsouthdevon.nhs.uk/physiopkb
- Torbay Physiotherapy department 01803 655340
- physio.torbay@nhs.net
- **ESCAPE pain app**—Apple and Android phones (an education and exercise app similar to the ARC programme)

<http://Www.escape-pain.org>

www.torbayandsouthdevon.nhs.net



Torbay and South Devon
NHS Foundation Trust

PATIENT INFORMATION

Torbay Physiotherapy Arthritis Rehab Class (ARC)

Physiotherapy Department
Tel 01803 655340

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

ARC

- The Arthritis Rehab Group is run by John Williams (Physiotherapist) and Claire Clarke (Physiotherapy technician)
- You have been advised to attend the group by your physiotherapist because you have a diagnosis of osteoarthritis of the hip and/or knee.
- The aim of the group is to increase your knowledge and understanding of arthritis and how to manage it effectively. The exercise component will aim to strengthen your lower limb muscles and decrease pain.
- The group runs every Tuesday and runs for 8 weeks.
- Weeks 1-4: (3.30-5pm) - consists of education about arthritis and ways to help it, a 40-45 minute exercise circuit and relaxation at the end of the class.
- Weeks 5-7: (3.30-4.30pm) - consist of 1 hour of the exercise circuit with Claire Clarke.
- Week 8: (3.30-5pm) - a review to evaluate the effectiveness of the group and to decide on the best plan for you. You will also complete the exercise circuit in this session.
- You will be asked to complete a questionnaire at weeks 1, 4 and 8.
- You will be expected to attend consecutive weekly sessions for 8 weeks as advised by your Physiotherapist.
- If you are unable to attend please contact the physiotherapy department on 01803 655340.
- If you cannot attend one week you should contact the physiotherapy department on **01803 655340** informing us of your non-attendance. Unfortunately it may not always be possible to add an additional session to the end of your programme.

House Keeping

To help ensure your safety when attending the group please:

- Please bring any medication you may require while attending the group such as asthma inhalers, Angina GTN spray or diabetic medication/snacks.
- Inform the therapist of any changes you have experienced in your general health since last attending or any new medication you have been prescribed.
- Let the therapist know if there are any exercises you do not feel confident carrying out. They can then provide appropriate support or supervision or modify the exercise to suit you.
- Please wear comfortable clothing and supportive footwear suitable for exercising in.
- Make sure you have eaten before exercising and drink plenty of water before and during the class.
- Only use exercise equipment that you have been shown how to use by the therapist leading the class. Never enter the gym and use the equipment unsupervised.

If you have any comments about the groups we run we are always happy to receive feedback and consider any suggestions for improvement (feedback forms are in the waiting area).

Thank you