

## Becoming More Active

### Activity, Fitness and Exercise Advice

Increasing your physical activity levels can help to improve health, fitness, function and mood. It is also a key element in the management of pain, discomfort and rehabilitation.

The exercise group facilitators will help you to identify and work towards activity and/or exercise related goals. The activities can be related to household tasks; returning to work or managing workplace movements; restarting or modifying hobbies; or any leisure or fitness related activity.



### Activity and Pain

You will work closely for six weeks with the exercise group facilitators to ensure that the type and level of activity you choose is appropriate to increase your fitness and function, whilst enabling you to manage alongside your health condition. You will not be asked to try anything you do not wish to do however you will be encouraged to modify or adapt any new movements introduced.

## Your Journey

### Referral Pathway

You can access the exercise group through your musculoskeletal physiotherapist. You should previously have had at least two 1:1 appointments with your therapist to ensure you are familiar with core activation and gentle exercises. In these 1:1 sessions with your therapist you will also be reassured you that increasing your activity levels is safe, and a key element to managing the impact of pain or discomfort on your daily life. By referring you into the exercise group we are providing you with a guided pathway towards more independence, reengaging in hobbies or sports, help in returning to work.



### Community Based Opportunities

During the six weeks we will discuss with you and provide advice about what exercise opportunities are available in the local area and how to access these with regards to individual needs. For example, using local activity directories and discussing the range of different activity options available to accessing to exercise referral programmes or other health promotion initiatives.

## Who You Will See?

### Lucy Prebble, Zoë Ogden and Claire Clark

Lucy and Zoë are Specialist Musculoskeletal Physiotherapists with a special interest in Pilates and Core Stability. Claire Clark is a physiotherapy technician with a special interest in group based exercises.



## What to expect

- Six week block exercise group consisting of core strengthening and mobility exercises incorporating Pilates and Yoga movements.
- Prior to the class your aims and goals from attending the group will be discussed with the group facilitators.
- You will be asked to fill in some pre and post group questionnaires.
- The class will be 60 minutes and consists of core and general strengthening exercises with stretches to start and finish.
- For this course we ask you to ensure you can attend at least 4 of the 6 sessions as throughout the course we will be progressing the exercises and therefore missing more than 2 weeks may disrupt the flow of the class
- We may also accumulate a waiting list due to an increase in referrals, if this happens we will keep you informed with expected start dates.
- Please wear comfortable clothing and suitable footwear or grip socks for engaging in exercise. Please feel free to bring a bottle of water with you as we do have a water machine available.



## Other Information

### Confidentiality

Like everyone who works within the hospital setting facilitators of the exercise rehabilitation group will be bound by the Torbay and South Devon HealthCare Trust policy on confidentiality. This means that they will not disclose any information without your permission unless there are serious concerns, which would then need to be discussed with health professionals involved in your care.

### Contact Details

**Torbay Hospital Physiotherapy Department**  
Torbay Hospital  
Lowes Bridge, Torquay. TQ2 7AA  
**01803 655340**

Please note that acceptance into the group may be refused if you have an onset of a new health condition, under investigation for other issues or if you are not ready to engage in exercise. In any of these situations you will be offered a follow up appointment with your referring health care professional.

**Coming to Hospital? Remember we're smoke free!!**



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

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**NHS**

**Torbay and South Devon**  
NHS Foundation Trust

## PATIENT INFORMATION

# Core Strength & Mobility Class



**Location:** Torbay Hospital, Physiotherapy Outpatients Department.

**When:** Tuesday afternoons 4pm-5pm  
Or Friday mornings 11-12pm

Lucy Prebble – Senior MSK Physiotherapist  
Zoë Ogden—Senior MSK Physiotherapist  
Claire Clark– Physiotherapy Assistant

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*Working with you, for you*