

The spinal rehabilitation programme

Introduction

The spinal rehabilitation programme will assist you in improving function and quality of life. It is not intended to be a cure for your back pain.

The programme is flexible and consists of up to three one-hour exercise sessions tailored to your needs. It is advisable to complete the class over six to eight weeks of starting.

What is expected of me?

- To familiarise yourself with the warm up, cool down and three core exercises
- To work on managing your back pain
- To be willing to continue with your exercises at home
- To commit to attending your three group exercise class sessions
- To wear comfortable loose clothing and suitable footwear to exercise
- **To inform programme staff of any new medical problems or if you are feeling unwell or changes to your health**
- To be able to participate in mild to moderate activity/exercise

Programme location

Ealing Hospital, Ealing Rehabilitation Service, Level 1, Orange Wing, Uxbridge Road, Southall UB1 3HW

Time: Tuesday: 1 to 2pm, Wednesday and Friday: 3 to 4pm

Ealing Day Treatment Centre, Britten Drive, Southall, UB1 2SH

Time: Tuesday: 1.30 to 2.30pm, Wednesday: 2 to 3pm

Booking and cancellations

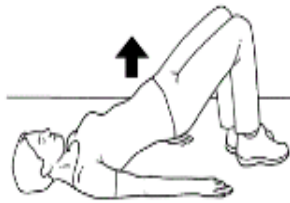
To book your class appointment, please call the Central Booking Team on 020 3893 8533 between 8.30am and 4.30pm within two weeks of your last appointment.

You are welcome to book class follow up appointments at other class sites at the reception desk after the class or by calling the number above.

Please ring within 14 days of your last appointment otherwise you will be discharged. If you make an appointment but do not attend (without contacting the service) you will be discharged. We only allow one cancellation before we discharge you.

What should I do to prepare for the programme?

Familiarise yourself with these exercises before you attend your sessions. Attempt at least one set of 10, but aim to complete two sets of 10 of each of the exercises.



Lying on your back with knees bent and feet on the floor.

Lift your pelvis and lower back off the floor. Hold the position. Lower down slowly returning to starting position.

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Sitting with your arms crossed.

Stand up and then sit down slowly on a chair.

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Stand facing a wall with your arms straight and hands on the wall.

Do push-ups against the wall keeping your body in a straight line.

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General Trust information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 020 8869 5118 between 9.30am and 4.30pm or e-mail LNWH-tr.PALS@nhs.net

Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

If you would like this information in an easy to read format, large print, braille, different format or language, please contact the PALS team on 020 8869 5118 or email lnwh-tr.PALS@nhs.net We will do our best to meet your needs.