

## Lower limb rehabilitation programme

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### Introduction

The lower limb rehabilitation programme will help you improve function and quality of life. It is not intended to be a cure for your leg 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, which you'll find further in the leaflet.
- To work on managing your lower limb 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:** Monday 1.30 to 2.30pm, Thursday 4.30 to 5.30pm, Friday 10.30 to 11.30am

### 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 to book your appointments

You are welcome to book follow up appointments for the class at the Ealing Rehabilitation Service 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.

**Standing hip abduction:** Stand straight holding on to a support. Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.



**Bridge:** Lying on your back with knees bent. Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.



**Mini squat:** Support yourself with both hands using chair/table. Slowly bend your hips and knees, trying to push your bottom back. Your knees should be above your toes. Do not let your knees turn in or out during the movement.



## **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](mailto: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](mailto:lnwh-tr.PALS@nhs.net) We will do our best to meet your needs.**