

Physiotherapy Department – Rugby St. Cross

Foot and ankle rehabilitation class

When: Monday 9.00am to 10.00am **Where:** Rugby St Cross Therapy Gym

Introduction

- The aim of this class is to maximise your function with day to day activities, whether this be walking 10m or competing in a high level sport
- You will have been assessed by a physiotherapist and specific goals agreed before starting the session
- The weekly exercise sessions are offered for a maximum of 6 weeks, should they be required, in order for you to meet your goals
- There will be a physiotherapist present alongside a physiotherapy assistant who will be able to offer advice and support

Format of session

- The session will cater for all levels of ability and the physiotherapy team will respond to individual needs
- The class will include a warm up, strengthening, stretching, core stability, balance exercises and a cool down
- An exercise log will be filled in during each session to monitor your progress
- Please arrive at reception **five minutes** before the session,
- The exercise class will be active so suitable clothing is advised. All exercises in the class are performed barefoot. Please bring a bottle of water

Attendance Policy

- Non-attendance without prior notice will result in discharge from the class
- Please give at least 24 hours' notice should you be unable to attend so that your place can be offered to another patient



Patient Information

- Classes will be booked in a block of six sessions and it is important you attend these in succession. Making up for a missed session will be at the physiotherapist's discretion.

For further information contact the Physiotherapy Department on 01788 663257

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663257 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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