

Some links for further information:

<http://arthritisresearchuk.org/arthritis-information/conditions/fibromyalgia>
<http://www.nhs.uk/Conditions/Fibromyalgia/Pages/SelfHelp.aspx>

You will receive a generic letter for a physiotherapy assessment with a time and date on it. This will be the appointment for your first gym session, not another physiotherapy assessment.

If you are unsure please ring the physio reception team to clarify your appointment.

We also expect regular attendance to gain the full benefit of attending the program.

Rheumatology

Rheumatology Physiotherapy

Reconditioning Group



We value your feedback

Your comments, suggestions, praise and complaints will help us to improve the standard of our services. Please contact PALS to feedback your views on the hospital
Tel: 01225 473424 or email PALS@rnhrd.nhs.uk

www.rnhrd.nhs.uk

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Your Min

Version number 4
Date created 18/05/2017
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Date for review June 2017

What is it?

This is a gym based rehabilitation group set in the Clive Quinell gym of the Royal National Hospital for Rheumatic Diseases in Bath. It is run by specialist physiotherapists with experience of working with fibromyalgia and involves a specific program tailored to your needs to improve your strength, stamina and body composition. In total you will have 7 sessions.



Why exercise?

There is good evidence that strength and cardiovascular training in a supervised environment can improve pain and physical function of patients with fibromyalgia. Most patients with fibromyalgia find their main problems are not just pain and restriction but also weakness, difficulty achieving everyday tasks and debilitating fatigue. We also know that your body composition changes too, contributing to your overall health levels. This program is designed specifically to help with these complications.

How does it work?

Your physiotherapist will refer you to the gym class if they think a supervised exercise program would improve some of your symptoms. There will be an initial session designed to measure your starting level and then try-out your program under direct 1-1 supervision. You will then follow your program for a further 6 sessions. The idea is that you finish with the confidence to continue exercising independently and to make long-term changes to your strength and fatigue for the future.

Course Times and Days

Wednesday 1.30-3.00pm

Friday 1.30-3.00pm

What do I need to bring?

Please wear clothing and footwear e.g. trainers that are suitable for physical activity and allows you to move freely. You may not be able to attend if you are not dressed appropriately or wearing footwear such as sandals, open toed shoes, boots, high heels or wedges.

You will also need a **water bottle and a towel**. There are changing facilities and toilets available but unfortunately **no** showers.

Please Note

Due to high demand for the **group missed sessions will be deducted from your 7 sessions**. This is to ensure that we maintain the flow of patients coming on to the group and finishing the group.

This applies to people who do not attend a booked session and people who have cancelled more than once.