February 2023

Dear Patient

IMPORTANT - PLEASE READ

Information about your Physiotherapy exercise class appointments

We are very pleased to offer you a course of Physiotherapy exercises within our Enhanced Access service. The service is based in Amwell surgery, Hoddesdon EN11 8FG (see Google maps HERE). You have been referred into one of 3 different Physiotherapy classes run every Saturday morning. Each of the 3 classes have a slightly different focus in-order to help you better manage: Mobility & Balance, Stiffness / Pain or Arthritis in the neck and arm or lower back and legs.

Referral for the course of Physiotherapy exercise:
You have been referred for the course of Physiotherapy exercise by our in-house Musculoskeletal Practitioner who thinks you would benefit from the treatment. You will be contacted by the service as soon as the next available course is being arranged.

About your course of Physiotherapy exercise:
Each course of Physiotherapy exercise consists of 6 consecutive weekly sessions, held every Saturday morning in Amwell surgery. The class will last about 45 minutes and it is hoped you can attend all 6 sessions but it is advised if you think you are unable to make at least 50% of the classes you should rebook at a more convenient time for you. Each class will have a maximum of 10 people attending.

When does the class start?
Physiotherapy classes are run every Saturday morning. Depending on which class you have been referred into, will determine what time your particular class starts. The classes are run between 09:30-12:30 every Saturday morning. You will be advised of the start time when the service calls you to book the course of exercise.

What will the class exercise consist of?
The classes will include a mixture of exercises to improve muscle strengthening, joint stretching and balance / coordination all done in a safe environment. The exercises will vary in difficulty depending on each participant's functional goals and current ability. We advise you to meet inside Amwell surgery about 5 minutes before the class start time.

What should I wear for the class?
Everyday clothes are fine so long as you can comfortably move easily. Stretchy materials like T-shirts and tracksuit bottoms would be better than more formal attire. We do advise flat soled shoes.

Do I need to bring anything to drink?
We generally advise you to bring a small bottle of water with you for the class.

What should I expect in the first session?
The first session will involve some testing of your current strength, balance and range of motion of your back and limbs before starting some general exercise in both standing and sitting postures.

What will happen after my course of 6 exercise classes?
At the end of your course of Physiotherapy exercise it is hoped you continue with the exercises you have learnt. The Physiotherapy team taking the classes have access to our in-house Health & Wellbeing coach who can sign-post you into more mainstream exercise such as local gyms, swimming pools and health walks etc

Who do I contact if I can't make one of the sessions?

At the time of booking you onto the course of exercise classes please advise the administrator if you don't think you can attend a particular Saturday. However, if during the 6 week course you realise you can not make one of the classes either call your GP surgery between 13:00-18:30, Monday - Friday or call the Enhanced Access service directly on tel: 07539-442842, Saturdays between 09:00-17:00.

Is there Parking?

There are a number of local public car parks on Taverners Way which is about a 4 minute level walk from Amwell surgery. Neighbouring Amwell surgery is an ALDI and Iceland supermarket, both of which offer time limited free parking for their customers.

Please note there are a limited number of disabled parking bays immediately outside the back of the surgery.