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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Author: Helen Marston
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Spinal Therapy Group Sessions *(page 1 of 2)*

The OT and Physio departments run groups throughout the week. The groups are a vital part of your therapy. This is a sample of what we offer but your therapist or Consultant will decide what is appropriate for you.

Information about groups is available on the whiteboard at the entrance to the wards. This is updated weekly.

OT Hand Group

Monday and Wednesday. OT Therapy department or Horatio's garden.

You can come for all or part of the session.

Exercises for the upper limb and hand. Hand group focuses on exercises for hand and upper limb. You should take ownership of your rehabilitation and lead what is done in the session.

Physio Open Gym

Monday – Friday daily 10.30am - 12.30pm and 1.45 to - 3:30pm

The gym is open and supervised for you to come and exercise, stretch, and practice skills you are learning.

Archery

Monday – indoors.

Archery offers an opportunity to learn a sport/hobby and additionally practice wheelchair skills, balance and strength training.

Wheelchair Skills

Tuesday.

Wheelchair skills is graded as basic or advanced. The aim of these sessions is to optimise your knowledge, safety, confidence and independence in your wheelchair.

“Work Out Wednesday”

9 - 11am. Hydro-pool

An opportunity to swim intensively. The aim being to exercise and practise swimming.

“Solve-It Workshop”

A problem solving group, it aims to apply what you are learning throughout your rehab to ‘real life’ scenarios – always relating topics to experiences you may have after discharge. This is an open forum for discussion and asking questions.

Table tennis

Table tennis is a fun way to practice wheelchair skills, balance and upper limb strength training and co-ordination. It is a social active session.

OT Open Session

You can come for all or part of the session. The aim of this group is to develop your physical skills using functional and interesting tasks. There will be a core activity each week such as cooking, crafts and games but you are welcome to work on your own projects or use any of our equipment.

Wheelchair Education

Eight week rolling programme

You should attend all 8 sessions. Wheelchair education is run by our rehabilitation engineer. Here you will learn about all the options open to you with regard to wheelchairs, how they function, maintenance and safety considerations.

“Fitness Friday”

3 - 4pm. Downstairs gym

Circuit training lead by trained staff.

Hydrotherapy

(Times to be arranged with your Physiotherapist)

An opportunity to exercise and practice skills in a warm pool. You will attend with your physiotherapist or a therapy support worker.