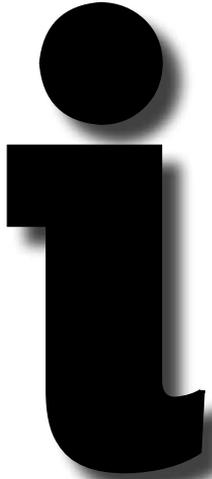


Back Rehabilitation Programme

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Who is it for?

The Wessex Rehabilitation Centre specialises in the treatment and management of chronic spinal pain. We offer intensive rehabilitation programmes for those who want to learn how to manage their pain and improve their physical and functional condition.

When and where does therapy take place?

This intensive programme runs for a total of 7 days. There will be 4 days in your first week and 3 days in your second week. You will have a break of 2 - 3 weeks between your first and second week to allow you to start doing some of the things you have learnt.

We are in Salisbury District Hospital. You can travel in each day for treatment, or you can stay overnight in hostel accommodation if you have to travel a long distance. This needs to be arranged in advance and is subject to availability.

Programme aims

Your treatment is done in groups and we aim to:

- improve your fitness
- improve your range of movement and strength
- increase your function
- increase your confidence to carry out normal activities of daily living
- help you understand more about your condition
- teach you pain management strategies
- improve your quality of life.

Treatment includes:

- hydrotherapy
- spinal mobility and core stability exercises
- cardio-vascular exercise and games
- advice and education on posture and anatomy
- ergonomic advice
- relaxation
- activity management
- exploring functional tasks within our industrial and light workshops

Wessex Rehabilitation Centre
01722 336262 ext 2370/1

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

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.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

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.

- explaining your pain
- pain management skills.

What should I wear?

Please wear loose, comfortable clothing such as a tracksuit, and appropriate closed footwear, such as trainers. Please note that no open-toed shoes are permitted in the industrial workshop – you will have to wear shoes in this area.

Please bring swim wear and a towel for hydrotherapy sessions.

What might my day involve?

Therapy takes place between 9.30am and 4.45pm. You will have morning, lunch, and afternoon breaks. Your breaks are your own time and can be used as you wish. There is a cafe opposite the Wessex Rehabilitation Centre called Hedgerows, or alternatively you can go to Costa (Level 3) or Springs restaurant (level 2). You are also welcome to bring a packed lunch and a hot drink flask if you wish.

You will be given the dates of your programme in advance. You will be expected to attend them all to ensure that you get the most out of the programme. However, if you know in advance that you are unable to attend a session, please tell a therapist.

Other information

The Wessex Rehabilitation Centre also treats patients following upper and lower limb trauma, burns and major hand injuries. These patients will have their own programmes running alongside your programme.

You will be allocated a key therapist who will review your progress with you and be available to discuss any issues throughout your programme.

If you would like a weekly parking permit, please ask staff in reception for details on your first day. There is a small fee for this.

Lockers are available within the unit should you wish to store personal belongings during the day. If you have any further questions please contact the Unit on the contact details below.