



The Royal Orthopaedic Hospital Exercise Programme

www.roh.nhs.uk/patient-information/physiotherapy/roep

How to access the programme



To access the programme, either scan the QR code or enter this link into your web browser:

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About the Programme

You have been directed to this programme because you and your therapist have agreed that you would benefit from it.

The aims of this programme are to:

- Improve your levels of physical activity.
- Reduce your pain.
- Improve your quality of life.

Research suggests this is achievable for many people. However, if this is not the case for you, don't worry, you have not been discharged, you are still under the care of your physiotherapist. If you feel you cannot continue or feel that you require advice or a review, then please contact us on **0121 685 4120**, and we can organise an appointment as soon as possible.

This programme is aimed at improving your quality of movement, strength and general fitness levels. There may be some discomfort with these exercises but it should be acceptable to you and last for less than 24 hours following your exercise session. Should you get any increase in swelling, bruising or pain that is difficult to manage then please contact the physiotherapy department unless they have advised differently.

This is a 4-stage exercise programme. Your therapist will advise you at which level to start. It's not expected that everyone will complete all 4 stages of this programme. Even small improvements in activity can make a difference in your pain and quality of life. The important thing is that you keep up with the exercises and move on when they no longer feel difficult. Try to complete them around 3 to 5 times per week and you will soon see returns on your effort.

Exercises should be challenging to you but achievable at all times. On a scale of 0-10 (0 no effort at all, 10 being impossible) these exercises should sit around 6-8 effort at the end of each set. If you consistently feel that your exercises are easier than this and your pain is tolerable, then progress to the next level.

Each exercise is run for 45 seconds with a 15 second break in between. You don't have to work for the full 45 seconds; you may find that you can only perform the exercise for 30 seconds and then take an extra 15 seconds of rest. This is ok and natural. As you get better you will be able to increase exercise time and reduce the rest.

If you cannot progress your exercises further on this programme, then please get in touch with the physiotherapy department.

Equally, if you move up a stage and then feel it is too hard, feel free to go back to the previous level and try again when you feel ready to do so.



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Helpful hints:

- It doesn't matter what time of day you do your exercises, but doing them at the same time of day has been shown to improve your consistency with them, and consistency is everything!
- Many things can affect your ability to exercise. Common ones include lack of sleep, high stress levels, poor diet and other health conditions. If you feel that there are things in your life that affect your ability to exercise then please discuss this with your physiotherapist. There may be support on offer that can help.
- This programme is designed to be flexible. You can use an easier level as a warmup before you complete the harder level. You can repeat the videos to increase the challenge to your body.
- This programme uses weights to make exercises more challenging as you progress. Be imaginative! Weights don't have to be dumbbells; they can be books, water bottles, carrier bags, back packs and even bricks and logs! The important thing is that they provide you with some resistance to increase your muscle fatigue and can be increased or decreased depending on the exercise or your ability.
- Be confident! Your physiotherapist has recommended for you to follow this programme because they believe you have a real chance to make meaningful changes.