

# PHYSIOTHERAPY AND GYM SERVICE 2013/14



*At Headway Hurstwood Park physiotherapy within our gym is offered as an inclusive part of our rehabilitation or re-ablement programme and as an extra for our maintenance of function/respite clients.*

Before being allowed to use the gym equipment all clients are assessed by our Level 3 gym instructor and if required by our neuro-physiotherapist, a registered HCP (health care professional), who visits the centre each week.

All clients are also required to have a doctor's 'participation in exercise' form completed (as required by The National Quality Assurance Framework 2001). An appropriate gym programme can then be drawn up.

Our gym instructor is a qualified Level 3/4 REP (registered exercise professional) and supervises the gym sessions, updating the progress notes after each session.

It is well documented that there is a need for physical rehabilitation after an acquired brain injury, particularly stroke (Saunders et al 2009 RCP stroke guidelines 2013) whatever the consequences of the acquired brain injury are for the individual.



Our service operates from a separate gym building on our site and has a range of equipment including:

*Cardiovascular equipment* – treadmill, reclining bike and cross trainer

*Strength training equipment* – free weights, fixed weight mutli gym machine and therabands

*Specialist equipment* – parallel bars, wobble boards, steps and saebo-glide

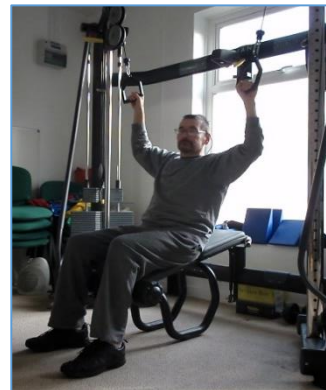


Our 2013 Brighton Marathon team raised just over £3,500 towards our gym refurbishment and at the same time we were fortunate to receive a further £1,000 from the Gatwick Airport Community Trust.

Our neuro-physiotherapist, Julia Buck, excitedly began researching a multi gym that could be used by wheel chair users and those more mobile clients.

The chosen piece of equipment was a Radiant Multigym purchased from Technogym UK.

The moveable seat in the middle allows clients to stand or sit with space for a wheel chair and the equipment has become very popular with clients, particularly the younger ones.



To give some indication of the support and progress that can be seen with our gym service, below some examples of clients who are currently attending Headway Hurstwood Park:

*“Love coming to gym, makes me feel fitter, happier and is helping my left arm” – Emily*

*“Staff are great and help me to feel motivated” – David*

*“Having staff that can review and change programmes keeps me on my toes and fit” – Chris*



The physiotherapy and gym service currently supports approximately 60% of our clients attending the centre.

This includes 1:1, 'Ladies Only' and group exercise sessions.

The maximum number for a gym session is 3-4 clients and for an exercise group is 6-8 clients. The supervision level is variable and will be ascertained at assessment depending on the individuals' requirements

During 2013/14 the gym has been opened up to private clients who are not necessarily receiving other services from us. This service is still developing and we currently have private clients daily.

As well as conventional gym and physiotherapy, clients can attend any of three complementary therapies: tai chi, yoga and feldenkrais

These are on set days only so are not available to all clients. The external providers work in conjunction with the physiotherapist to ensure communication is maintained and that clients' abilities are understood.



### *Current Service Costings*

The physiotherapy and gym service are one of our most expensive service areas

*With an average of 40 clients per week, it costs £21.34 per week per client to run our service.*

### *Plans for the future*

The current plans are to improve the gym space in terms of the building and by upgrading equipment.

There are two main areas of funding applications:

- Capital costs – equipment and building improvements
- Running costs- staff

In June 2014 we were delighted to receive a grant of £9,000 from the Henry Smith Charity towards the running costs of our physiotherapy service and our 2014 Brighton Marathon team have had a successful event so we have been able to set ourselves some aims for the coming year:

- Increase private client use of gym (income generating)
- Increase gym instructor hours
- Start Pilates group via an external provider as another complementary therapy
- Develop the intensive rehabilitation services that the gym can provide.
- As gym building and equipment develops explore renting facilities out
- Develop physiotherapy input into outreach services

## References

Saunders, D.H., Greig, C. A., Mead, G. E. and Young, A.2009. Physical fitness training for stroke patients. *Cochrane Database of Systemic Reviews* Issue 4,DOI: 10.1002/14651858.CD003316.

<http://www.rcplondon.ac.uk/sites/default/files/national-clinical-guidelines-for-stroke-fourth-edition.pdf>

National Quality Assurance Framework for Exercise Referral Systems, DOH 2001