



Wirral University
Teaching Hospital
NHS Foundation Trust



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Spinal Rehabilitation Programme

Patient Information Leaflet

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Through joint decision making between you and your physiotherapist, you are being offered a place on the spinal rehabilitation programme.

Is the programme for you?

Do you want to prepare for a return to normal activities e.g. housework, sport, hobbies and employment? Are you looking for help so you can manage your spinal problem in both the short and long term?

Why do we run these programmes?

Research has recognised the importance of managing your condition yourself and engaging in exercise and physical activity, to decrease your pain and so lessen the impact on your day to day life. The most recent research is by The National Institute of Clinical Excellence (NICE), who published Guidelines in May 2016 regarding the Early Management of Persistent Non Specific Low Back Pain (www.nice.org.uk). We use the evidence based approach of Back Skills Training (BeST) Oxford.

What benefits will I gain by attending the programme?

You will increase your knowledge about your back, neck and your pain. You will work to improve your posture, spinal flexibility, strength and aerobic fitness.

You will learn long term management strategies to increase your confidence when engaging in your normal activities. You will learn how to control recurring symptoms.

Weekly format

The programme consists of four sessions which include education and exercise.

Session 1	}	Each session will be 1 hour long, consisting of 45 minutes of supervised exercises in a circuit based setting. Followed by 15 minutes of educational topics / discussions
Session 2		
Session 3		
Session 4		

Please do not feel you have to attend all four sessions if you feel you have gained the confidence/knowledge to continue to self manage after attending a few.

You will be given an information booklet to help you with the continued management of your condition.

Please wear comfortable clothing and flat, lace-up footwear for exercising. Water station is provided, however you can bring your own.

The spinal exercise and advice programmes are offered at Clatterbridge Hospital and St Catherines Health Centre.

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