



Physiotherapy gym

The information given below is to support your attendance and safety in your rehabilitation class.

On arrival for your gym class:

- please stay in reception until called into your class by your physiotherapist.
If you arrive late, please tell a member of the reception staff
- dress suitably for a gym session, eg comfortable clothing, and non-slip supportive footwear
- changing facilities and lockers are available. Please ask a member of staff for a locker key and ensure keys are returned after use
- personal property left in the changing areas, and not secured in the lockers, is left at your own risk
- please make sure you use the hygienic hand gel on entering and leaving the gym
- before beginning the class, if you feel unable to participate/exercise for any reason please tell a member of staff
- please tell a member of staff immediately if you feel unwell at any point during the gym session.

During your gym class

- only undertake those exercises prescribed by your physiotherapist. Do not undertake any other exercises
- please do not use the equipment until you have been shown how to use it by a member of staff

- do not move or adjust gym equipment; ask a member of staff for assistance
- please don't eat or chew gum in the gym
- drinking water is important while exercising, please help yourself to water
- if you need to leave the gym during a class, please tell a member of staff.

Showers are available. Please tell a member of staff if you require a towel.

Please let us know if you are unable to attend a class or need to change the day of your class. To contact the department, please call:

Doncaster Royal Infirmary 01302644210

Bassetlaw Hospital 01909 572302

Montagu Hospital 01709 649190

Retford Hospital 01777 863400

If you have any suggestions for improvement for the gym class, please speak to a member of staff or fill in a 'Your Opinion Counts' form as all suggestions are welcome.

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net