

Hip surgery exercise class - Information for patients

This information sheet is about an exercise class available for people after hip surgery. This is private exercise class that is not run by the NHS but by Private Health UHD.

Who are Private Health UHD?

Private Health UHD are a Private arm of the University Hospitals Dorset. All staff are employed by the NHS, but provide a private service where income generated is reinvested back into NHS services.

Who is the class for?

This therapist led exercise group is for people who have either:

- 1) Been placed on a waiting list for a hip replacement operation (There is another patient leaflet about this.)
- 2) Recently undergone hip surgery, for example a total hip replacement (THR).

If you have just had surgery the criteria for the class are below - you must meet ALL of these:

- You must be at least 3 weeks after your hip surgery
- You must be allowed to fully weight bear (put all the weight on your leg)
- You must be walking with or without 1 or 2 crutches. (The class is not suitable if you are needing a frame)
- You must have had your clips/stitches removed
- You must have no problems with your wound. This means your dressing must have been removed, no signs of infection and not on any antibiotics. You can attend once this has cleared up. If your wound has been glued with a mesh, you can attend if the mesh is still in place but there must be no additional problems with the wound.
- You must be well enough to exercise
- You must be able to mobilise for approximately 5 minutes but be prepared for exercising on and off for 30-40 minutes.
- Your pain needs to be well controlled

If you have any questions about whether you are suitable for the class, please contact us.

When you arrive for your first session, we will check that you meet these criteria, which will include checking the wound. If you do not meet the criteria you will not be able to take part in the class.

When and where do the classes run?

The class runs once a week on a Tuesday afternoon at Christchurch Hospital. The class currently runs at 2.30pm but **for your first class we ask you to arrive at 2.15pm.** From 5th May we will run 2 classes:

- 1) 1.15-2.15pm (**For your first class we ask you to arrive at 1pm**)
- 2) 2.45-3.45pm (**For your first class we ask you to arrive at 2.30pm**)

For your first class we need you to come early so we can do a few checks and prepare you for the class. The class runs for approx. 60 minutes. Christchurch Hospital is situated on Fairmile Road. Please report to the main reception in Christchurch Hospital by the main entrance. We will then collect you from the waiting area and bring you to the gym.

What will the class entail?

You will be guided through a group warm up, complete an exercise circuit and then a group cool-down.

The aim of this group is to provide you with supervised exercise sessions to help improve your hip movement, strength and function. Everyone will have a different experience after their surgery and will recover at varying rates.

Why are we offering an exercise class?

The NHS does not routinely provide physiotherapy after a hip replacement. Most people manage with completing the prescribed exercises they are given in hospital and increasing their walking gradually. This class provides a group environment to progress your exercises to help you achieve your goals, which may include walking without a crutch, hiking, gardening or bowls.

What are the benefits of exercising in a class?

The class is supervised by a registered physiotherapist. There will be various options for progressing exercises, and asking general questions about recovery. The class will be an opportunity to meet other people who are also recovering from hip surgery. Lots of people find exercising in a group beneficial for motivation, connecting with other people and well-being.

At what point after my hip surgery can I attend?

You must be at least 3 weeks after your operation. There will be progressions of all of the exercises so the class will be suitable for all stages after your operation.

Will it make my hip painful?

We would expect the pain level in your hip to increase as a result of doing the class. This is a normal response to increasing your activity level. You will need to take the class at your own pace to ensure your pain stays at a manageable level. We recommend you take your regular pain relief before and after the class. Please bear in mind that there will be people at different stages and times after their operation.

Do I have to attend?

No, it is up to you if you want to attend. There will be a cost associated with attending. You can attend as many or as few sessions as you want, provided there is space in the class. There is a maximum of 14 people that can attend each class.

Will I need to pay?

You will need to pay to attend. It costs £10 per session. You will need to pay in advance to attend. You can book several weeks in advance. We would like to offer a block booking deal of 5 sessions for £45. We will keep a waiting list in case of cancellations.

How do I book a space on the class?

To book a space on the class, please email uhd.privatehealth@nhs.net with 'hip exercise class' as the subject and we will call you back. You can pay over the phone by card. To book on the class, we will need your name and hospital number or date of birth.

You must contact us to book on the class. You cannot turn up on the day, as there will be no way to take payment.

What if I need to cancel?

If you have booked a single class and cancel with more than 24 hours notice we will refund the £10 fee for the class. You could also roll this payment forward and book on the next available suitable class. Please contact us by email uhd.privatehealth@nhs.net and we will call you back so we can process your refund or cancel and rebook. If you cancel on the day, unfortunately we will be unable to refund that session.

If you book a block of sessions for example, 5 for £45, you are booking 5 consecutive classes. If you are unable to attend one of these classes, we will be unable to offer you a refund. If you cancel a class with at least 24 hours notice, we are happy to roll a maximum of 1 class forward to the end of the block.

What if there is no space on the class?

We will run a waiting list in case we get any cancellations, so we can contact people last minute if a space becomes available. If we consistently run a waiting list we will consider running additional classes.

What is the money used for?

Private Health UHD is part of the Poole and Bournemouth Healthcare Trust Charity. All money and fees for this class are reinvested into University Hospitals Dorset. Some money goes towards our charity fund and the rest will be provided to physiotherapy services, which can support, for example, the training of the staff and new equipment.

How many sessions do I need to attend?

You can attend as few or as many sessions as you would like, provided there is space.

What do I do with the form?

You need to complete the form to attend the class. Please bring the completed form with you when you attend your first class.

What should I wear?

It is important that you wear closed, comfortable footwear, and clothing that you can exercise in.

What should I bring?

1. For your 1st session bring your filled in form (attached). If you do not fill it out, you will need to do that when you arrive. You will not be able to participate in the class without filling this out.
2. If you require any medication e.g. inhaler, please bring these with you. We would recommend you take your normal pain relief as it has been prescribed.
3. Please bring a bottle of water.
4. Please bring your walking aids if required. You will be walking between stations and may need some balance support during the warm-up and cool-down.
5. Please ensure you have eaten before the class.

Contact details

Email address: uhd.privatehealth@nhs.net

THR class form

Name _____

Date of Birth _____ Tel number _____

Address

Surgery

Where did you have your operation? _____

Side of operation Left* Right* (*circle) Date of surgery

Operation _____

Who was your consultant? _____

How many nights were you in hospital? 1 2 3 4+

Did you have any complications after your operation? Yes No

If yes, please detail below

Please list any medical problems or previous operations

Please list any medications that you take

What are your goals/aims of attending the class?

Please sign that you understand you do not have to attend this class, and it is additional to NHS care _____ Date: ____/____/____

For office Use only:

Meet inclusion/exclusion criteria Wound checked Suitable for class

Signed _____ Date _____