

Physiotherapy gym

On arrival:

- Please check in at Reception on arrival
- Please stay in the waiting area until called in to your class by the therapist. If you arrive late, please tell a member of the reception staff
- Please bring a drinks bottle with you. There is a water fountain in the waiting area across some sites to fill your bottle
- Dress suitably for a gym session, e.g. comfortable clothing, and non-slip supportive footwear
- Changing facilities and lockers are available across some sites. Please ask a member of staff for a locker key and ensure keys are returned after use. Personal property is left in the changing areas at your own risk
- Please make sure you use the hand gel on entering and leaving the gym
- Before the class starts, if you feel unable to participate/exercise for any reason please tell a member of staff.

During your rehabilitation session

- Please tell a member of staff immediately if you feel unwell at any point during the session
- Only undertake those exercises prescribed by your physiotherapist. Do not undertake any other exercises
- Do not use the equipment until you have been shown how to use it by a member of staff
- Do not move or adjust any of the gym equipment; please ask a member of staff for assistance.

- Please don't eat or chew gum in the gym
- If you need to leave the gym during a class, please tell a member of staff
- Showers are available across some sites - please bring a towel and toiletries with you
- Please let us know if you are unable to attend a class or need to rebook by calling the booking team on: **01302 644200**.

Please note, if you do not attend your appointment and you do not contact us within the next two weeks, you will be discharged.

Group:.....Day:.....

Time:.....Date of first session:.....

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 Advice & Liaison Service (PALS)

The team are available to help with any concerns, complaints or questions 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

