

Information relating to BMI Mount Alvernia Hospital Physiotherapy Services

Alter G Anti-Gravity Treadmill



Mobility Meets Stability

The Anti-Gravity Treadmill gets mobility-impaired patients back on their feet and on the road to achieving a better quality of life. During rehabilitation, the Anti-Gravity Treadmill helps you attain greater mobility by:

- Providing support and confidence to start walking and take more steps in comfort.
- Enabling you to walk or even jog further, faster and with more stability than you may have previously thought possible.
- Preventing falls, which increases comfort and confidence during rehab and beyond.
- Improving health and wellness and helping you achieve more independence in your day-to-day life.

The Alter G Anti-Gravity Treadmill's ability to safely unweight the user means you can:

- Reduce stress on joints and injured areas of the lower body.
- Exercise when you otherwise might not be able to because of pain, stress, or instability.
- Potentially prevent functional decline and enable greater independence during essential activities of daily living such as bathing, dressing, getting up from a chair, and using the bathroom.

To use the treadmill you just need to wear comfortable trousers or tracksuit bottoms and a pair of trainers or supportive shoes. The neoprene shorts you use to go within its capsule can go over your clothing.

Antigravity treadmill-costs

Initial assessment to assess suitability and advise on which exercises to do on the treadmill. You don't have to be able to walk on it to find it helpful. Block Sessions are supervised by a physiotherapy assistant. If any further contact with a physiotherapist is required then there is follow up.

Hydrotherapy (Aquatic Therapy)

This takes place at The Lockwood Centre, Westfield Road, Slyfield Industrial Estate, Guildford GU1 1RR.

Tuesdays & Fridays between 4.30-7pm

Aquatic therapy is a therapeutic treatment which uses a programme of exercise and movements in water. The benefits of aquatic therapy come about because the warmth of the water decreases pain and any muscle spasm. In addition, the buoyancy of the water relieves the stresses and muscle damage of all joints, especially the hips, knees and lower back, which may enable people to carry out more exercise.

Aquatic Therapy can help with:

- A poor walking pattern when full or partial weight bearing
- Decreased joint range of movement
- Decreased muscle strength -either generally or just a specific group
- Poor balance
- Decreased exercise tolerance
- Decreased core stability

Therapeutic Effects of Exercise in Water

- To relieve pain and muscle spasm
- To maintain and increase joint movement
- To strengthen weak muscles and increase tolerance to exercise
- To improve circulation
- To encourage everyday activities
- To maintain and improve balance, co-ordination and posture
- To increase fitness levels
- To promote relaxation
- To control body weight

Costs of Hydrotherapy (Aquatic Therapy)

There is initial Land based assessment, then a block of self -directed exercise sessions for up to two sessions per week. Max of six patients in the pool at once.

1:1 Session in the pool with a Chartered Physiotherapist for up to 30mins

Follow up re-assessments this may apply to patients who have been set a programme and may require a revision of their exercises possibly every 3-6 months depending on progress.

You need to bring a swimming costume and towel. There are showers in the changing rooms.

Mount Alvernia Falls Prevention and Exercise classes

The classes are designed to improve balance, strength, flexibility and confidence. Over the twelve weeks you will start to learn a programme of exercises that have been researched and proven to reduce the risk of falling in the over 65's. They have been designed specifically for use at home as well as a group setting.

To gain the maximum benefit you should complete some exercises 3 times a week and on the days that you do not do the exercises you should try and go for a walk to enhance your general fitness. However, research has shown that walking alone does not reduce the risk of falling.

Safety

Please be safe at all times while completing the exercises. You will be given safety information throughout the class. Never hold onto an object that may move. When exercising at home use a kitchen work surface, sideboard, landing banisters (if safe) or a sturdy chair for support.

If you experience any of the following symptoms while exercising, please let us know **immediately**;

- **Dizziness**
- **Chest pain**
- **Extreme shortness of breath**

You should not attend the class temporarily if you have any of the following:

- If there is a temperature, chest or other respiratory infection
- Vomiting, diarrhoea, dizziness, extreme fatigue, unstable diabetes or acute kidney disease
- Uncharacteristic swelling in the extremities
- Feeling unwell.

If your medical circumstances change while enrolled on the course, please inform us straight away.

You need to wear comfortable clothing and trainers /supportive shoes.