

Kobler Rehabilitation Class

This leaflet will provide you with a basic guide on what you can expect from the Kobler Rehabilitation Class. If you have any questions please ask a member of therapy staff for further information.

Contact information

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Appointments

T: 020 3315 8404 option 1

W: www.chelwest.nhs.uk

Patient Advice & Liaison Service (PALS)

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on the Ground Floor of the hospital just behind the main reception.

Alternatively, you can send us your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website www.chelwest.nhs.uk/pals.

We value your opinion and invite you to provide us with feedback.

T: 020 3315 6727

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KOBLER

Rehabilitation Class

Information for patients



Introduction

This leaflet will provide you with a basic guide on what you can expect from the Kobler Rehabilitation Class. If you have any questions please ask a member of therapy staff for further information.

What?

The Kobler Rehabilitation Class is a Physiotherapy supervised rehabilitation intervention, providing group exercise and HIV specific education.

The aim is to help you achieve personal goals and improve your fitness, strength, flexibility and quality of life. We will support you to feel more confident in exercising to self-manage your health and well-being.

Who?

The Kobler Rehabilitation Class is for men and women living with HIV who experience physical, mental, cognitive or social health challenges, live with a disability or episodes of illness.

When?

Your first class will be on a Tuesday from 1:30–3pm. All other classes:

- Tuesdays, 2–3pm
- Fridays, 11am–12:30pm

Where?

Physiotherapy Gym
Therapies Department
Ground Floor, Lift Bank C

Chelsea and Westminster Hospital
369 Fulham Road
London SW10 9NH

About the class

New patients

A Physiotherapist will assess you individually in Kobler Day Care before attending the Kobler Rehabilitation Class.

Your needs will be assessed to provide you with individualised treatment.

If you require further Physiotherapy treatment before starting the Kobler Rehabilitation Class, this will be arranged.

The Exercise Class

You should arrive at 1:30pm for your first class. Your Physiotherapist will assess your fitness, strength, flexibility and quality of life before starting to exercise. Please wear suitable clothing for exercise.

The Kobler Rehabilitation Class is a twice weekly. You are encouraged to attend most classes for 10 weeks. We provide an open-access service, allowing you to attend, return or restart depending on your health or disability. You will be encouraged to exercise in addition to attending.

Exercises can include cardiovascular, strength training, flexibility stretches, yoga, balance and other individualised exercises tailored to your needs.

The self-management programme

On Friday the self-management programme is available to attend (11–11:30am) providing group discussion with an invited speaker, on living with HIV as a long-term condition.

Find out what sessions are coming up by visiting <http://www.chelwest.nhs.uk/hivrebhab>.

Exercise and HIV

In addition to taking HIV medications, there are many things you can do to improve your health and well-being, including regular exercise.

Regular exercise can:

- Improve muscle strength and size
- Strengthen bones
- Lower body fat
- Maintain a healthy body weight
- Reduce cholesterol
- Help control blood sugars
- Maintain a healthy blood pressure
- Improve low mood and depression
- Improve quality of sleep
- Reduce stress
- Improve appetite
- Regulate bowel function
- Reduce fatigue or tiredness
- Improve breathlessness
- Maintain the ability to do everyday tasks
- Improve quality of life

If you require advice about keeping active or exercise, please ask to speak with a Physiotherapist.

Referral process

Speak to your consultant or healthcare professional about the Kobler Rehabilitation Class. Once you have been referred, you will be contacted to arrange your first appointment with a Physiotherapist in Kobler Day Care.

Inpatients

Inpatients are welcome to attend the Kobler Rehabilitation Class twice weekly once assessed by a Physiotherapist.