

# LOWER LIMB REHAB CLASS

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A circuit-based class designed to help you improve your lower limb function, mobility, strength and balance.

## CLASS TIME

Tuesday 10.30 - 11.30am

£20 per class OR

6 classes for £108 (£18 per class)

12 classes for £192 (£16 per class)

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# LOWER LIMB REHAB CLASS

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## What is the Lower Limb Rehab Class all about?

This is an circuit-based class aimed at helping you to improve your lower limb function, mobility, strength, and balance. The sessions run every Tuesday and are led by an experienced physiotherapist/sports rehab therapist.

## Who is the class suitable for?

- + People recovering from lower-limb injuries or conditions.
- + People preparing for surgery who want to build up their strength and function to get into the best possible shape ahead of surgery.
- + People recovering from many different types of lower-limb surgery (e.g. knee replacements, hip replacements)
- + People who have not necessarily suffered an injury but who want to build up their activity levels, function, or confidence within the safety of a physiotherapy-led rehab class.

## What will happen before I attend the class?

Prior to attending the rehab class, you will be asked to complete a questionnaire asking about your rehab needs, any significant medical history, and your surgical history/plans. This allows us to ensure that the class is suitable for you and helps us design the class to ensure you meet your goals.

## How many people attend the class?

There will be a maximum of six people in each class to ensure you have adequate supervision/support. This will also allow the therapist to tailor certain exercises to your specific needs.

## How much does the class cost?

Individual classes cost £20. We also offer packages:  
6 classes for £108 (£18 per class) or 12 classes for £192 (£16 per class).

## Where and when is the class running?

**Richmond Physiotherapy**, 2nd floor rehab studio on **Tuesdays 10.30-11.30am**.

## Ready to join the Lower Limb Rehab Group?

Please enquire at the **front desk** or email us: [clinic@richmondphysio.co.uk](mailto:clinic@richmondphysio.co.uk)