Therapy and Rehab
Physiotherapy

PATIENT INFORMATION

Exercise therapy

Personalised exercise · Rehabilitation · Long-term health

Targeted, physiotherapist-led exercise programmes to help you recover, move better and stay active.



WHAT IS EXERCISE THERAPY?

A structured, physiotherapist-led approach using safe and appropriate exercise to:

- Improve strength, mobility and physical function
- Reduce the impact of pain and stiffness
- Support recovery after injury, illness or surgery
- Help manage some long-term health conditions
- Build confidence with everyday activity
- Support return to work, sport and hobbies

A personalised and progressive approach

Exercise therapy uses carefully selected and progressively adjusted exercises based on your assessment, goals and individual needs. Your physiotherapist will work with you to build a programme that is safe, appropriate and relevant to your life – whether you are recovering from an injury, managing a health condition or aiming to maintain your physical wellbeing.

BUILD STRENGTH

Improve muscle strength, endurance and support for everyday movement.

IMPROVE MOVEMENT

Work on flexibility, mobility, coordination and physical function.

SUPPORT RECOVERY

Use graded exercise as part of rehabilitation after injury, illness or surgery.

STAY ACTIVE

Maintain physical capacity, confidence and participation in daily life.

Exercise that works towards your goals

Your programme is based on your starting point and the activities you want to improve – not a one-size-fits-all routine.

Who may benefit from exercise therapy?

Exercise therapy can form part of rehabilitation for people with different needs and starting abilities. The type and level of exercise will depend on your assessment, health, symptoms and goals.

Musculoskeletal pain and stiffness

A tailored programme may help improve strength, movement and tolerance for activity where pain or stiffness affects your joints, muscles or tendons.

Recovery after injury or surgery

Progressive exercise can support the restoration of strength, mobility and function following an injury or operation. Any surgical precautions and advice from your treating team will be taken into account.

Reduced strength, stamina or mobility

Periods of inactivity, illness or changes in physical activity can affect strength and endurance. Exercise can be graded to help rebuild physical capacity.

Long-term health conditions

For some long-term conditions, an appropriately designed exercise programme may support physical function and day-to-day activity. Your medical circumstances and any relevant clinical advice will guide the plan.

Age-related changes and maintaining independence

Exercise may help older adults work on strength, balance, mobility and the physical skills needed for everyday activities.

Returning to work, sport or hobbies

A programme may help you build the physical capacity required for particular tasks and activities, progressing towards your personal goals.

Your first exercise therapy assessment

Your physiotherapist will ask about your health, symptoms, activity levels, previous injuries or treatment, and what you want to achieve. We will discuss the activities that are important to you and any concerns you may have about exercising.

Depending on your needs, the assessment may consider:

MOVEMENT

Relevant joint movement, flexibility and movement patterns.

STRENGTH

Muscle strength, endurance and functional capacity.

BALANCE

Balance, coordination and control where relevant to your goals.

ACTIVITY GOALS

Your daily, work, sporting or recreational priorities.

Assessment is individualised. Not every test or exercise is suitable for every person. Your physiotherapist will explain the process and seek your consent before examination or treatment.

What may your exercise programme include?

Your programme will be selected and progressed according to your assessment and response. It may take place in the clinic or, where appropriate, include exercises for you to practise independently at home.

1 **Strengthening exercises**

Exercises using body weight, resistance bands, weights or suitable equipment to develop muscle strength and endurance.

2 **Mobility and flexibility exercises**

Movement-based exercises to work on joint mobility, flexibility and ease of movement where these are relevant to your needs.

3 **Balance and coordination**

Exercises to develop balance, control and coordination when these are appropriate to your assessment and goals.

4 **Functional exercises**

Practise movements used in everyday life, work or sport – for example, sit-to-stand, stepping, lifting or other task-specific activities.

5 **Fitness and endurance**

Graded activity to help build stamina and tolerance for sustained physical activity, within your individual capabilities.

6 **Home exercise and self-management**

A programme and guidance for safe practice between appointments, with adjustments as your abilities, symptoms and goals change.

Progression is guided by your response

Exercise should be appropriate to your current health and abilities. Your physiotherapist will help you understand how to perform the exercises, how often to practise them and how to recognise when the programme may need adjusting.

Your plan may be progressed as strength, movement, confidence and tolerance improve. If symptoms change or an exercise is not suitable, tell your physiotherapist so that the programme can be reviewed.

Consistency matters

Regular, appropriate practice can help you work towards your goals. Your physiotherapist will discuss a realistic plan that fits your circumstances and the time and equipment available to you.



COMING SOON: MORE WAYS TO STAY ACTIVE

We are developing additional exercise services to complement our individual physiotherapy programmes:

Group exercise classes – planned supervised group sessions with suitable, structured exercise.

Personalised fitness coaching – planned one-to-one guidance and fitness programmes shaped around individual goals and abilities.

Where can you receive exercise therapy?

Exercise therapy is planned around your individual needs and the service most appropriate to your goals.

Clinic appointments	Exercise therapy may be provided at our clinics in Leeds, Wakefield and Batley, subject to appointment availability and the equipment or facilities needed for your programme.
Home and community visits	Where appropriate, your physiotherapist may provide advice and exercises for you to complete at home or in your community setting. The suitability of this option depends on your assessment and goals.
Before your appointment	Wear comfortable clothing and suitable footwear. Bring details of relevant medical conditions, medication, recent reports or scans, and any advice or precautions from your healthcare team.

Frequently asked questions

Do I need to be fit before starting exercise therapy?

No. The programme is designed around your current abilities and will be adjusted to an appropriate starting level.

Will the exercises be painful?

Exercise should be selected and progressed appropriately. Some effort or temporary muscle discomfort may occur, but tell your physiotherapist about pain, worsening symptoms or concerns so the programme can be reviewed.

How often will I need to exercise?

This depends on your goals, health, programme and response. Your physiotherapist will discuss a realistic frequency for supervised appointments and independent practice.

Can exercise therapy help after an operation?

It may form part of your rehabilitation, provided the exercises follow your surgeon's advice and any postoperative precautions.

Can I continue exercising at home?

Often, yes. Your physiotherapist may provide a home exercise programme and explain how to perform it safely and when to seek advice.

How long will I need exercise therapy?

This varies according to your starting point, goals and progress. Your programme will be reviewed and adapted as appropriate.

WHEN TO SEEK URGENT MEDICAL HELP

If you develop chest pain, severe or unusual breathlessness, fainting, sudden weakness or another serious or unexpected symptom during exercise, stop and seek urgent medical help. Call **999** for a medical emergency. For other urgent concerns, contact **NHS 111** or your GP as appropriate.

Start your recovery journey

TELEPHONE 07908 331234

EMAIL info@therapyandrehabphysiotherapy.com

WEBSITE www.therapyandrehabphysiotherapy.com

CAMPAIGNS www.therapyandrehab.uk

SCAN TO BOOK

This leaflet provides general information and does not replace an individual clinical assessment or medical advice. Treatment recommendations depend on your presentation and relevant medical guidance.