

Welcome to Equus Physio's AHS Group Exercise Class!

You will be participating in x6 group classes aimed at improving the strength and range of motion of your new hip/knee. We are excited to be working with you and hope you enjoy your time with us. Below, we have provided some key points to be aware of before your first class begins:

- Due to limited space in the clinic, please do not arrive early to your scheduled class time.
- Please wear comfortable clothing and indoor footwear suitable to perform exercises in (I.e. close-toes shoes/runners).
- If possible, please remove your shoes when performing exercises on our therapy beds.
- Please bring a water bottle with you to stay hydrated
- Please print out your exercise program, or bring your exercise program provided to you from your surgeon's office. This will help the therapist identify and highlight which exercises are suitable for you to start performing at home.
- Some pain/discomfort is to be expected with exercising a joint post surgery. Please let your therapist know about your symptoms or if your pain becomes unmanageable.
- Resistance bands are available in clinic to purchase to help you perform exercises at home. Your therapist can help you choose which resistance is suitable for you.
- You will be in a group of a maximum of 4 other individuals. Please be respectful to others during your class. The therapist will be present to guide the class, monitor exercise technique, and answer questions throughout.
- On your last day of class, the therapist will need to re-assess the functional measure performed on your first day of assessment. Please remain in the clinic until this test is done.