

## Physical Fitness for Independence Programmes (PFI) (6 – 12 weeks duration)

This is a physical programme to prepare you for return to the work place, social and recreational activities.

The therapist will work closely with your medical advisors and case manager to ensure the programme meets your specific rehabilitation needs.

### VENUE

The physical programme will be conducted in the following venues:

- Les Mills Gymnasium (10 Dowling St)
- The Hydrotherapy Pool (Hanover St) or Moana Pool (60 Littlebourne Rd)
- Fuchsia House (5 Lees Street)
- Your work place if a worksite visit is included in the plan



### PROGRAMME PLAN

You will participate in:

- An initial physical assessment to identify your current level of function
- A work-site assessment to identify the physical demands of your job. Specific work tasks will be identified and practised in the programme
- A regular physical programme including education sessions
- A final assessment detailing your physical gains and functional outcomes



## PROGRAMME TIMES

If you are off work regular programme times will be within your normal working hours to ensure you maintain your normal routines. Once back at work appointments can be made around work hours.

To increase your general fitness levels it is usual for you to attend at least two to three sessions (1 – 1.5 hours duration) per week.

You will be encouraged to participate in:

- Independent walking and home exercise programmes.
- Your normal home and social activities.
- Weekly Healthy Lifestyle Seminars.
- Monthly Manual Handling Seminar.



**Please note:** Your individual programme will be designed specifically to cater for you:

- Phase of healing/recovery.
- Body type.
- Level of general wellbeing and function.
- Vocational skills.
- Recreational interests.

You will not be required to perform any physical tasks that you do not consider safe and appropriate for your work preparation.



It is your responsibility to discuss physical activities with team members and maintain safety standards and instructions.



If you are not accustomed to regular physical activity you may experience some post exercise soreness after activity. This is normal; you may have experienced it after a day in the garden, skiing, tramping, etc. It will subside in approximately 48 hours.

Should this happen, notify a team member and your exercise levels will be modified.

Please contact me if you wish to discuss any aspect of the programme.

**Andrea Mosley**

**Linda Mosley**

