



Royal Orthopaedic Hospital NHS Foundation Trust Patient Information

# Self-help information for musculo-skeletal patients

Welcome to the Royal Orthopaedic Hospital (ROH).  
For further information please visit [www.roh.nhs.uk](http://www.roh.nhs.uk)

## Functional Restoration Programme

### Information for patients

Following your back pain assessment it has been recommended that you attend a functional restoration programme in the physiotherapy gym at the Royal Orthopaedic Hospital.

### What is a functional restoration programme?

This is an education and exercised based rehabilitation programme to help you to improve your function and manage your back pain more effectively. Many of these types of programmes are now running around the country and are seen to be the best way to manage persistent back pain. The programmes are run over a period of several weeks and involve you both talking through your back pain and using graded exercise to improve your function

### What does a programme look like?

The programmes are done in small groups, as it is recognised that this often results in better outcomes. There will be exercise sessions, where you can try out activities you may be concerned about and also sit down sessions where you can learn information and new techniques to help manage your back problem.

### How often do I need to attend?

The programme runs twice weekly, on a Wednesday from 2.00-4.00pm and on a Friday afternoon from 1pm-2pm and continues over a period of four weeks. You then attend a follow up session two weeks later on a Wednesday afternoon at 2.30pm.

### Will it hurt?

The aim of the programme is to help you improve your function. To begin with you may feel more uncomfortable, especially after the first couple of sessions, but this normally improves as you continue.

### How will I know if the programme is helping me?

We use a goal setting approach to help you build your function and manage your pain. By setting specific goals at the start of the programme, you can measure how you are managing to progress with your goals and whether the programme is helping you.

### What should I wear?

As you will be exercising it is recommended that you wear a tracksuit, or t-shirt/shorts, and trainers. Shower facilities are available.

If you have any further questions, we can answer these on commencement of the programme.

**Good luck!**