

Further information

Islington Additional Needs & Disability Service

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Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whithealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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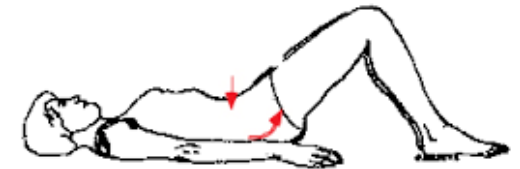


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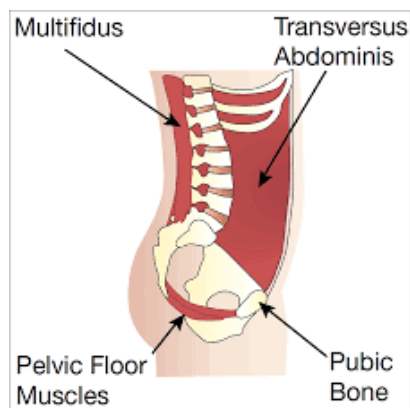
Islington under 18s
Musculoskeletal Physiotherapy

Back Care Group



What is the Back Care Group (BCG)?

The BCG is a weekly exercise group for children who have been referred to physiotherapy and would benefit from a Pilates based exercise programme for back pain. These exercises sessions focus of improving the strength of the core stability muscles as shown below. These muscles support your lower back (lumbar spine).



Aim of the BCG

By completing the block of 5 progressive Pilates based exercises sessions we hope you can achieve your goal of returning to sport or completing a particular activity that you may be finding difficult due to your low back pain.

Your low back pain can be due to your rapid growth during puberty, therefore it is even more important that muscles surrounding your low back are nice and strong to support this growth phase.

Where and when

Weekly sessions normally run at the Northern Health Centre on Wednesdays 16:30 – 17:30.

Session outline

The BCG involves some education components as well as mat work based Pilates exercises. Each exercises session will include new and slightly harder exercises compared to the previous session therefore it is important to attend all four consecutive sessions that you have been booked into.

The physiotherapist may ask you some questions regarding your goals and see if you can demonstrate some tasks that we use to monitor whether the exercises are helping with your functional progress.

Exercise Programme

The sessions consist of Pilates based exercises specifically for back pain. These are mat work based exercises meaning they are mainly done on the floor with a mat.

As you continue to attend the sessions, your exercises will be progressed and new exercises will be added to each session.

It is important to carry out some exercises at home during the course of the group to maintain the hard work that you do during the class.

What you need to bring

- A drink of water to have during the session
- Wear clothes and shoes suitable to exercise in.

Our expectations during and after the group

Please attend all 4 sessions, if you do not attend a session without notifying the physiotherapy team you may be at risk of being discharged from the group.

Your progress in the group will be monitored and regularly passed on to your Physiotherapist.

There will always be a physiotherapist and a physiotherapy assistant present during the whole session should you require further assistance.

In addition you should ensure that you are carrying out physical activity on a regular basis. Aim for an hour 2-3 times a week.