

A woman with dark curly hair, wearing a black t-shirt and dark shorts, is performing a squat in a gym. She is holding a barbell across her upper back with both hands. The background shows gym equipment, including a red machine.

MSK + together

An integrated MSK service for Mid-Nottinghamshire

B-FIT

Welcome to the B-FIT programme!

We are pleased you will be joining others on this programme to help you manage and improve your pain, better understand how your back pain affects you and what things can affect your back pain. The programme aims to improve your quality of life, help you stay active and get you back to doing the things you enjoy.

Please read this letter carefully as it contains important details of the programme, and what to expect.

WHAT IS B-FIT?

B-FIT is a group for patients with back pain. The class integrates education topics as well as aspects of individual, group, circuit, and equipment-based exercises. All individuals work to their own levels and the lead physiotherapist can progress exercises when they are ready.

WHERE ARE B-FIT CLASSES?

B-FIT is run across several gym locations across the Mid-Nottinghamshire region covering Newark and Sherwood as well as Mansfield and Ashfield. You will be able to select your choice of location when our admin team contact you to book your sessions.

HOW MANY SESSIONS WILL I COMPLETE?

B-FIT is run over 6 sessions in total. You will complete 4 consecutive sessions, then the 5th session 1 month later and the final 6th session 1 month later again. This allows us to track your progress over a longer period of time and encourage self-management strategies. **It is important you are able to commit to the programme in order to reap the benefits.**

If you are unable to attend one of your classes, please discuss this with the group leader. If you are unable to commit to more than two classes during your course, please discuss with your initial physiotherapist, whether this group is suitable for you at this time. It may be another group would be more suitable for you.

WHAT YOU SHOULD DO BEFORE/ DURING YOUR FIRST CLASS?

In order to make sure the programme continues to be successful, you'll be asked to complete some questionnaires about your pain and management. You'll also be asked to complete questionnaires again at the end of the 6 session programme. This information is useful to see how much progress you have made, and to keep track of how B-FIT is helping people.

WHAT TO BRING TO YOUR FIRST CLASS

Please wear some loose-fitting clothing, comfortable shoes, a water bottle and reading glasses if required. **If you have any questions before the first class, call us on 01623 484820.**

We look forward to welcoming you soon!

Class attendance is recorded in the same manner as a one to one physiotherapy appointment. If you fail to attend your class without letting us know, as per policy, you will be **discharged** from the department.