

KNEE REPLACEMENT ACTIVITY CLASS FOR AFTER KNEE REPLACEMENT

- **Have you recently had a knee replacement?**
- **Do you feel you could be more mobile, fitter and raise your activity levels?**
- **If it's been at least 6 weeks since your replacement you are welcome to attend.**

This specialised class will be run by a physiotherapist and an exercise assistant

Where: St Martin's Church House, Church Street, Epsom, KT17 3PX.
There is parking but it is limited.

When: Mondays 2pm - 4pm.

What to wear: Loose fitting clothes and suitable shoes/trainers. Special exercise clothes not required.

Cost: Voluntary contribution of £4 a session.

The class will consist of a warm up, 45 minutes exercise graded to individual fitness levels and mobility, from seated exercises to standing exercises.

There will be an opportunity for tea and coffee at the end of the class.

If you would like to attend or would like more information please contact the Physiotherapy Administrator between 9:30am - 12:30pm on 01372 735853.



CSH
Surrey

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