

“Young Persons” Rehabilitation Group
McLeod Street Physiotherapy Clinic

This rehabilitation group has been created for more dynamic, younger patients. For example the class would be suitable for patients who have undergone ligament reconstruction surgery, major muscle tears or are recovering after a fracture. No ‘hands on’ treatment is given at this group; instead patients are commenced on an individual exercise programme that they are able to complete independently.

Patients currently undergoing physiotherapy treatment within the Edinburgh Community Physiotherapy Service are referred to the class by their physiotherapist, who will have started them on an exercise regime. The class lasts for **one hour** and takes place from **4.00 – 5.00pm** on a **Tuesday** and **Thursday** at **McLeod Street Physiotherapy Clinic, 22b McLeod Street, Edinburgh.**

Patients must be able and willing to attend both classes. Only in exceptional circumstances will patients be permitted to attend on only one day. Patients are advised to wear appropriate clothing and footwear and bring water if required. There are no shower facilities at McLeod Street Physiotherapy Clinic.

If you feel you would like to attend this group, please discuss this with your physiotherapist.