

GET FIT FOR SURGERY

Pre-Operative Exercise Sessions at Sulis Hospital

SULIS
HOSPITAL



Preparing your body and building your confidence, ready for a smoother recovery.

WHY JOIN OUR PRE-SURGERY EXERCISE SESSIONS?

- Get fit, strong, and ready for your surgery
- Run by specialist physiotherapists from Sulis Hospital
- A chance to talk things through with your physiotherapist
- Friendly circuit-style sessions to keep you motivated
- Tailored to your own ability and pace
- Improve your strength, balance, and joint mobility

IS THIS SESSION FOR ME?

- Patients preparing for a hip or knee replacement
- Patients preparing for other lower limb surgery (please be assessed by a clinician first, to check the timing is right for you)
- Must be able to walk independently indoors without any walking aids

HOW DO I GET READY?

- Wear comfortable clothing that allows you to move both your arms and legs freely
- Changing facilities on site are limited, so we recommend arriving already changed
- Bring a bottle of water to stay hydrated

WHERE ARE THE SESSIONS HELD?

- In the Physiotherapy Gym at Sulis Hospital, Bath

HOW DO I BOOK A PLACE?

- If you've been given information about this class, simply call the Physiotherapy Department using the number below to complete a short referral form

WHAT DOES IT COST?

- Discounted rate of £47 per session exclusively for Sulis patients for up to 3 sessions

Pre-Operative Exercise Sessions Patient Information		Classification: Company Confidential
Document type: Patient information	Page 1 of 2	Author: Dominic Denny Title : Physiotherapist
Effective Date: September 2026	Version: 1 .2	Next Review: September 2028

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TERMS & CONDITIONS

PAYMENT

You can pay on the day of your first session, or you can then pay over the telephone. Please get in contact for further details

INSURANCE

Insurance companies do not usually cover pre rehabilitation sessions as part of their policy. Please check with your insurance provider to confirm your own cover.

CANCELLATIONS

If you are feeling unwell, or have had diarrhoea or vomiting in the last 48 hours, please call the Physiotherapy Department. We will do our best to rearrange your appointment. Please note we are unable to offer a refund for missed sessions. Late cancellations may incur a fee – please refer to website for more info

YOUR SAFETY MATTERS

Gym equipment can be dangerous if not used correctly, so please don't use any equipment without supervision. Our physiotherapists will give you clear, detailed instructions before you use any equipment or begin an exercise.

If something doesn't feel right, or you are in any pain, please tell us straight away, we're here to help and will adjust your programme accordingly. Letting us know how you feel allows us to tailor every exercise to you.

Please wear clothes and shoes that allow you to move freely, comfortably and safely throughout the session.

For all enquiries, contact our Physiotherapy team:

01761 422388 : Physio.Enquiries@sulishospital.com

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