

Residential Rehabilitation at Perform Southampton

INTRODUCTION

Thank you for choosing Perform Southampton for your residential rehabilitation.

We are a physiotherapy, sports medicine and human performance centre based in the Millbrook area of the city and pride ourselves on delivering a service that aims to help you be your best.

The Perform Centre has a large rehabilitation gym which is suitable for all stages of rehabilitation, 10 consulting rooms which includes a gait and sports science lab and a hydrotherapy pool. The gym is stocked with the latest Technogym equipment an Alter G treadmill and Watt bikes.

The information in this pack aims to provide you with the details you need to be able to get the most out of your rehabilitation stay with us.



HOW TO FIND US

Perform Southampton
Auckland Road
Millbrook
Southampton
SO15 0SD

Telephone: 02380 764348

By car

From the M3 (north)

Continue from M3 onto A33. At the roundabout, take the second exit onto the A33 Bassett Avenue. At the next roundabout take the second exit onto the A35 Winchester Road. Continue straight along Winchester Road for approximately 2.5 miles following signs for the A35. At the A35 roundabout, take the 1st exit onto Millbrook Flyover/A33 and immediately turn left and then right onto the service road known as Millbrook Road West. The Perform Centre is situated in Auckland Road which is the next left hand turn – before the Holy Trinity Church.

From the M27 (west)

Leave M27 at junction 3. At the roundabout, take the third exit onto the M271 towards Southampton for 1.5 miles. At the roundabout, take the first exit onto the A3024 for 0.6 miles, keeping in the left hand lane. At the roundabout, move into the middle lane and take the third exit back as if going back onto the A33 – immediately turn left and then right onto the service road known as Millbrook Road West. The Perform Centre is situated in Auckland Road which is the next left hand turn – before the Holy Trinity church.

From the M27 (east)

Leave M27 at junction 3. At the roundabout, take the first exit onto the M271 for 1.5 miles. Follow directions from the A3024 as above.

By train

Southampton train station is approximately 2 miles away and is normally well-served by taxis. There is a local train station, Millbrook, about 15 minutes' walk away and there are local bus stops from surrounding areas 5-10 minutes' walk away.

ACCOMODATION DETAILS

The hotel arrangements for your stay are:

Check in: Sunday 23rd April 2017

Check out: Friday 5th May 2017

Hotel address:

THE LOCAL AREA

Perform Millbrook

The Centre itself is based in a mixed residential, shopping and industrial area of the city.

There is a Tesco Superstore with Costa Coffee within half a mile drive and Tesco Express convenience store, McDonalds and KFC within a 5 minute walk from the centre.

Next door is a 10 pin bowling centre, Homebase and B&M store.

Southampton

Known as the cruise capital of Europe, Southampton plays host to over four million visitors a year and boasts an impressive cultural offering, from museums, music venues and art galleries, to award winning parks and the general hustle and bustle of a diverse city with fantastic shopping facilities.

There are 4 multi-screen cinemas within walking distance of the City Centre, numerous bars and restaurants and the highly regarded West Quay shopping centre.

Further information on things to do in and around Southampton can be found here <http://www.discoversouthampton.co.uk/visit>

THE REHABILITATION

What will a typical day involve?

Your first day will commence at 9am with an introduction to the Perform Southampton centre and the staff who will be involved in your rehabilitation. This will be followed by an assessment which enables us to tailor your rehabilitation to your needs.

Each day will normally involve a mix of physiotherapy, strength and conditioning, and hydrotherapy. It may also involve sports massage, acupuncture, nutritional advice or podiatry which will be introduced based on the assessments you have had by our specialist staff.

The last day of your rehabilitation will involve reassessment of your progress which then enables the specialists to set you a programme to continue with at home.

Your personal rehabilitation timetable is enclosed in this pack.

What do I need to bring?

Please bring clothes suitable to exercise in for your rehabilitation such as shorts and t shirt and a pair of trainers. You may wish to bring more than one t shirt per day in case you get too hot and sweaty and wish to change part way through the day.

If you use inner socks it may be useful to bring some spares in case the ones you are wearing get hot and sweaty.

Please also bring your swimwear for hydrotherapy.

If you have a spare leg, it would be helpful to bring this along too.

Will meals be provided?

Lunch will be provided at the Perform centre and snacks and drinks will be freely available throughout the day.

How will I get to the Perform Centre?

Unless you are using your own transport, transport will be arranged each day from your hotel to the Perform Centre and then to take you back to your hotel again at the end of your day's rehabilitation.

Do you have wifi?

Yes. You will be able to access the centre's free patient wifi.

Example schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
Registration and Introduction 0900-0930	0900-1000 S&C	0900-1000 S&C	0900-1000 Sport Drills (Matt)	0900-1000 Sport Drills (Matt)	0900-1000 S&C	0900-1000 S&C	0900-1000 Sports Drills
Assessment 0930-1030 (Jo & Beth)	1000-1030 Alter G	1000-1030 Alter G	1000-1030 S&C	1000-1030 alter G	1000-1030 Watt bike	1000-1030 Alter G	1000-1030 Watt bike
1030-1100 Break	1030-1100 Break	1030-1100 Break	1030-1100 Break	1030-1100 Break	1030-1100 Break	1030-1100 Break	1030-1100 Break
1100- 1230 Setting Individual Programme (Jo & Beth)	1100-1230 IP	1100-1230 IP	1100-1230 IP	1100-1230 S&C	1100-1230 IP	1100-1230 IP	1100-1230 IP
1230-1315 Lunch	1230-1315 Lunch	1230-1315 Lunch	1230-1315 Lunch	1230-1315 Lunch	1230-1315 Lunch	1230-1315 Lunch	1230-1315 Lunch
1315 - 1430 - Gait and introduce Alter G (Mary T)	1315-1400 gait (physio)	1315-1410 Gait (Physio)	1315 - 1445 Outside Rehab	1315 - 1400 Gait	1315-1400 Sports Drills	1315 - 1400 Gait (Physio)	1315- 1445 Outside Rehab
1430-1445 change for hydro	1400-1415 change for hydro	1400-1415 Change for Hydrotherapy		1400-1415 Change for Hydrotherapy	1400-1415 Change for Hydrotherapy	1400-1415 Change for Hydrotherapy	
1445-1515 (hydro cool down)	1415 - 1445 (hydro cool down)	1415-1445 Hydrotherapy Cool Down		1415-1445 Hydrotherapy Cool Down	1415-1445 Hydrotherapy Cool Down	1415-1445 Hydrotherapy Cool Down	

S&C
Sports drills
Outside rehab
Gait
Alter G/Watt bike
Individual programme
Hydro
Assessment
Reassessment