

ProgrEss exercise programme

- To aid recovery from
Venous Thromboemboli

Everyone
Matters
Working
Together
Making a
Difference



How did it start?



The Team



- Consultant Haematologist
- Specialist Physiotherapists
- Specialist Pharmacist





ProgrEss Initial Assessment

- Baseline measures
- Lifestyle advice
- Safety
- Relevance



10-Week ProgrEss Programme

- Up to 16 participants
- Warm up
- Circuit with 10 exercises
- 2 minutes each
- Cool down

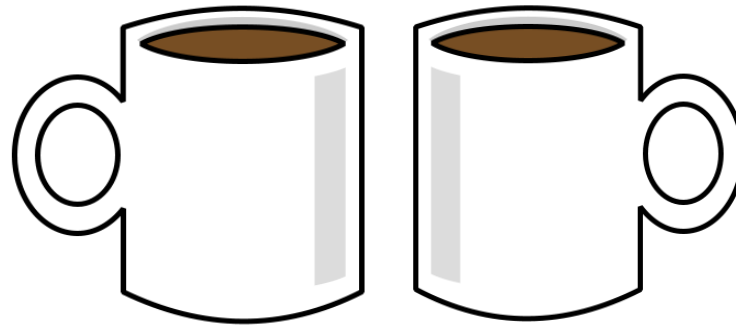


Outcomes

- Daily physical activity
- Quality of life
- Exercise tolerance & strength
- Confidence to exercise
- Fatigue



The Magic of the Group



The Future....

“I was terrified to exercise again, I knew it would help me recover but I didn’t know what was safe and how far I should push myself. The physiotherapy team are helping me recognise what pain or breathlessness is normal and what are warning signs to look out for. I’m starting to feel safe and confident to get active again.”

