St Andrew's Healthcare

Kingsfund.

**Samantha Rigg** Head of Physiotherapy service, Head of Sports and Exercise Services

**Paula Manning** Highly Specialised Physiotherapist
Physiotherapy Team

Client Group

- Men’s Mental Health
- Women’s Mental Health
- Child and Adolescent Mental Health Services (CAMHS)
- Neuropsychiatry
- Autistic Spectrum Disorder
- Learning Disability.

30 Posts

Covering a wide range of pathways

900 Beds

Across four main sites: Northampton, Essex, Nottingham and Birmingham

90 Beds

Beds in the Child and adolescent service covering learning disability and mental health.
Physiotherapy in a secure setting
Walk Further, Walk Faster.
Run five trees, walk five trees... and repeat
Moving around more gives us a healthy heart and lungs...

Let’s get active!!!

Walk a little faster...

Walk a little further...

Can you walk 10,000 steps per day?
Finding evidence
Campaign posters
WALK FASTER, FURTHER
10,000 STEPS A DAY
St Andrew’s Healthcare
ST ANDREW’S PHYSIO
#StAndrewsActive
Christmas jumper day walk

The wrong weather?
More like the wrong clothes
There’s no such thing as the wrong weather just the wrong clothes.
Spring into Summer

WALK
FASTER, FURTHER
10,000 STEPS A DAY

ST ANDREW’S PHYSIO
#StAndrewsActive

Physiotherapy Department  Tel: 6251  Email: physiotherapydept@standrew.co.uk

Posters by P. Hogan
**Modified Side Plank**

1. Lay on your side
2. Use your arm to prop yourself up and lift your upper body off the floor your hip and leg should still be touching the floor
3. Hold this position by squeezing your tummy muscles

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**Squat**

Stand with feet shoulders apart
Bend your knees to lower yourself
Push up through your legs back into the standing position

Reps 20
WHEEL
FASTER, FURTHER
5 MILES A DAY

St Andrew's HEALTHCARE
Walk all over cancer this June

Take part in the 10k step challenge for a chance to win prizes for you and your ward!

Prizes include:
- a fun day for your ward supported by the Walk Faster, Further team
- Walk Faster, Further tee shirts
- event badges

See the intranet for further details

Physiotherapy team tel: 6251  Sports and exercise tea tel: 6418
@physioStAndrews
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• Obesity Knowledge Update from Public Health England