



Low Back Pain?

'Activate Your Back' is a Wiltshire NHS Physiotherapy service. The course offers a one-off 90 minute session that will give you an overview of exercises, stretches and information to help you manage your back pain.

The course has limited spaces. Please ask at your Leisure centre reception for a self-referral form. Once completed, you can post it to the Physiotherapy Central Booking Office (address on form).

Once you have completed this course, you will be invited to join the Active Health Physical Activity Programme, led by specialist instructors at the leisure centre. The Active Health programme allows you to access the gym, swim and/or specialist classes at a discounted rate.