



CP Fitness

A physiotherapy-led group exercise class for children aged 7 to 17 with cerebral palsy or similar disabilities.

Maintaining muscle strength and cardiovascular fitness is essential for a healthy life. For young people with motor impairment this can be difficult to achieve for many reasons and can lead to the development of secondary conditions associated with chronic disability.

CP Fitness aims to provide a fun and motivating environment where targeted exercise programmes can be carried out under the supervision of a specialist paediatric physiotherapist and a personal trainer. Sessions will focus on strength and fitness training with the aim of improving mobility, posture and well-being.

CP Fitness is suitable for children aged 7 to 17 years old who are able to work independently within a group setting. Numbers are limited to allow appropriate supervision and support.

The sessions are an ideal means of maximising function following interventions such as:

- Selective dorsal rhizotomy
- Orthopaedic surgery
- Botulinum toxin

An initial one hour assessment with our paediatric physiotherapist will identify the child's specific areas of need and personal targets. This will be followed by a bespoke exercise programme which will be created for each child and once specific goals have been set, children will have supported access to the state of the art equipment available at Perform Southampton.

Each programme will be reviewed weekly and progressed as necessary.



Perform beyond your expectations

Perform Southampton, Auckland Road, Millbrook, Southampton, SO15 0SD

CP Fitness is held on a Monday afternoon between 4.30pm and 5.30pm

Initial assessment	£95
6 week package	£210
12 week package	£395

For more information please contact us on

023 8076 4348

for a free telephone consultation with our specialist paediatric physiotherapist, Becky Pearce, who will be able to discuss your child's suitability for the group.

www.spireperform.com/southampton



Perform Southampton
Auckland Road
Millbrook
Southampton
SO15 0SD

We are open:

Monday - Thursday 7.30am - 8pm
Friday 7.30am - 6pm
Saturday 8am - 12.30pm

**Call 023 8076 4348
to book your appointment**

Perform
Part of **Spire Healthcare**

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