



St George's Healthcare



NHS Trust

Back on Track

An information and advice class for patients undergoing a *laminectomy, discectomy, microdiscectomy* or *foraminotomy*

An opportunity to ask a physiotherapist about exercises and back care **before** you have your operation

Every Wednesday, 12.15 - 12.45

McKissock Ward Discharge Lounge
(2nd floor, Atkinson Morley Wing)

Note: Please attend **before** you have your operation.

Exercises & advice can be viewed online at www.tiny.cc/backontrack

Email: backontrack@stgeorges.nhs.uk

