

Refurbished rehab gym opens on hospital ward

Patients recovering from brain injuries in hospital can now make use of a newly revamped rehabilitation gym to help get them back on the road to recovery.

The refurb is part of a major £900,000 expansion of Ashby ward at Lincoln County Hospital, which is being increased from 12 to 18 beds.

Ashby ward is a specialist neuro-rehabilitation ward that deals with brain injuries and illnesses. They also see stroke patients if they've had neurological surgery. The ward cares for patients from the age of 16 to 80 and due to the complex nature of people's conditions, patients often stay for up to 6 months to help them work towards gaining independence.

The gym offers a range of rehabilitation equipment for patients to utilise, and in addition to exercise bikes, walking frames, parallel bars and arm supports includes a multi-directional ceiling-mounted tracking hoist, which fully supports patients who are learning to walk again.

As part of the ongoing expansion of Ashby ward, we've relocated the gym and from November, it will be open seven-days-a-week for supported therapy sessions for patients. Even more patients will now be able to make use of the new facilities.

We have a range of therapy equipment, which help patients through supported standing to aid their balance and we also have mobile arm supports for upper limb rehabilitation and arm strengthening.

Our new 'Likorail' hoist means patients are no longer restricted to just using the handrails – they can now walk around the entire room fully supported.

Patients on the ward usually spend around an hour at a time in the gym, supported by qualified staff throughout their physiotherapy programme. We have moved the gym and therapy room into the centre of the unit and the additional beds will mean we can get patients in sooner and start their rehabilitation earlier than ever before.

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Patients have told us that regular sessions in the gym along with help from the hospital staff, have gradually built their confidence back up.



Next steps

We've already opened two of the new en-suite bedrooms and are expecting to open the final four by the end of the month once the building work is complete.