



**Oxford Health**  
NHS Foundation Trust



Physical Disability Physiotherapy Service (PDPS)

# Treadmill Training

# Contents

What is Treadmill Training? .....	3
Can I just walk outside instead? .....	3
What should I wear? .....	3
What else should I bring? .....	4
How many sessions will I get? .....	4
Who will meet me at the gym? .....	4
What do I do between sessions? .....	4
If you are attending Oxsrad gym... ..	5
Who do I contact if I can't make an appointment? .....	5
Accessibility .....	8
Get in touch .....	8
Feedback .....	8

# What is Treadmill Training?

Treadmill training involves intervals of walking at different speeds on a treadmill, with each interval lasting a few minutes. The speed is calculated according to your natural walking speed and identifies a slower, natural and faster pace at which to work.

The evidence has shown that walking at these different speeds for set intervals on the treadmill can help to improve walking in everyday environments.

The majority of studies have been in Parkinson's Disease where slowing of walking is often a symptom but is beginning to be tested in other conditions.

# Can I just walk outside instead?

Although walking is excellent exercise the research shows walking on a treadmill in particular has added benefits over that of outside walking alone.

# What should I wear?

Please wear comfortable footwear and clothing that you are happy to exercise in.

## What else should I bring?

- ✔ Bottle of water
- ✔ Any medications due during your appointment

## How many sessions will I get?

At your first session you will have your walking speed and balance checked to help identify our starting settings. You will then use the treadmill this first session and have three further sessions after this prior to these measures being repeated. Depending on this review the results can guide if you would benefit from further sessions.

## Who will meet me at the gym?

The sessions are usually with a Physiotherapy Assistant – Sherene or Beth who will show you how to use the treadmill safely and guide you through the various intervals.

## What do I do between sessions?

You will be advised on appropriate exercise to complete between sessions and can be discussed at any of your appointments if you are unsure.

## **If you are attending Oxsrad gym**

The car park is permit parking. Please ask at reception for a pass which you can put in your car window and allow you to park without charge.

## **Who do I contact if I can't make an appointment?**

Please contact the treating clinician, not the gym. You can do this via email [pdpsreferral@oxfordhealth.nhs.uk](mailto:pdpsreferral@oxfordhealth.nhs.uk)





# Accessibility

Patient information leaflets are available on our website:  
[www.oxfordhealth.nhs.uk/leaflets](http://www.oxfordhealth.nhs.uk/leaflets)

# Get in touch

Address            Oxford Health NHS Foundation Trust  
Trust Headquarters  
Littlemore Mental Health Centre  
Sandford Road, Oxford OX4 4XN

Phone             01865 901 000  
Email              [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website            [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

# Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone             0800 328 7971  
Email              [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

Become a member of our foundation trust: [\*\*www.ohftnhs.uk/membership\*\*](http://www.ohftnhs.uk/membership)

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: [\*\*www.oxfordhealth.charity\*\*](http://www.oxfordhealth.charity)