



PERFORM TRIAL

Personalised Exercise Rehabilitation FOR people with Multiple long-term conditions



**DO YOU HAVE 2 OR MORE LONG TERM CONDITIONS?
WOULD YOU LIKE TO TAKE PART IN AN EXERCISE BASED
REHABILITATION TRIAL?**

LONG-TERM CONDITIONS

You can be considered for participation if you have two or more long term conditions like those listed below:

- Asthma
- Arthritis
- Alcohol Problems
- Atrial Fibrillation
- Bronchiectasis
- Cancer
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease
- Connective Tissue Disease
- Coronary Heart Disease
- Dementia
- Depression
- Diabetes
- Heart Failure
- Hypertension
- Inflammatory Bowel Disease
- Long-Covid
- Multiple Sclerosis
- Osteoporosis
- Painful Condition
- Parkinson's Disease
- Peripheral Vascular Disease
- Polycystic Ovarian Syndrome
- Prostate Disorders
- Psychoactive Substance Misuse

TAKING PART

Taking part will involve attending your local study site for 3 extra research visits



Baseline Assessment Visit
lasts approximately 2 hours



PERFORM Rehabilitation Programme OR your usual care
A computer will randomly decide which trial group you will be in



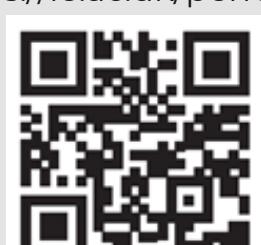
3 month follow-up visit
lasts approximately 1 hour



12 month follow-up visit
lasts approximately 1 hour

If you are interested in taking part, please inform a clinician or member of the local research team on 01202 436222 or exercise@aecc.ac.uk and they will be able to provide you with further information about the study

<https://le.ac.uk/perform>



 performlctu@leicester.ac.uk

After 16 sessions: An individual discharge appointment

At 2 and 4 months after your last session: Group check-in sessions 1 and 2

HEALTH AND WELLBEING TOPICS

- Exercise is medicine
- Making changes in your life
- Eating for health 1: staying strong
- Stress busting
- Lifting your spirits
- Eating for health 2: a healthy balanced diet
- Managing pain
- Staying active for life
- Better sleep
- Making changes part 2
- Breathe easy
- Stronger together
- Boost your energy
- Making the most of your medications
- Let's relax
- Coping well