

# SPORT AND EXERCISE TECHNICIANS

During the week of the 8th December 2025 patients were asked about their understanding of Sports and Exercise Technicians, their views of the profession's role in their care and recovery, the impact of this profession's interventions, what they valued about the profession and their recommendations for the profession for the future.

## PATIENT REPORTED EXPERIENCE MEASURE 2025

**22 patients gave feedback - an increase from 13 in 2024.**

91% of respondents knew what a Sport and Exercise Technician's role was.

100% of respondents understood how Sports and Exercise Technicians could improve their recovery and wellbeing.

### Respondents valued:

The understanding and guidance they provide  
Their expertise  
Their patience  
The motivation they provide  
Their commitment  
Their encouragement

*"I have been in 5 wards and what they all had in common was the improvement in the patients when they were allowed to physically exercise"*

### Impact

100% respondents strongly agreed or agreed that Sports and Exercise Technicians helped improve the quality of their day to day life

### What could be improved?

- There is no room for improvement
- More of it every day
- More technicians

### Overall how was your experience?

100% of respondents rated their overall experience of Sports and Exercise Technicians as either "very good" or "good"

### Why Sports and Exercise Technicians?

- *"I believe it is on the only way to recover from mental unwellness"*
- *"My health improves"*
- *"Boosts my confidence"*
- *"Improves techniques, stamina and strength"*
- *"The more exercise I do, the better I feel"*
- *"Improved my general ward experience"*
- *"Helped my feel at my best"*
- *"Every session I have learned something new"*