



**Head of Service Primary Care**

HSE Integrated Health Area,  
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**30<sup>th</sup> September 2025**

Mr Paul Donnelly TD  
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Leinster House,  
Kildare Street,  
Dublin 2

Email: [paul.donnelly@oireachtas.ie](mailto:paul.donnelly@oireachtas.ie)

**PQ ref 50645/25** – “A chairde, With regards to further assistance in respect of my PQ regarding rehab gyms within CHO9 PCC. I was seeking are services users that are referred to those gyms by their GP, Public Health Nurses etc allowed to uses them if they have a knee problems and will have knee surgery in a few month’s time and they can use those gyms to build up strength in their legs before knee surgery or are they gyms mainly used for people that had knee surgery and after the surgery they go to gym as part of their recovery and to re-build up strength in their knees. Or for a third possible angle people can just use those gyms for general excuse after being referred by GP, PHN etc and with no surgery on knees etc Is mise – **Paul Donnelly TD**

Dear Deputy Donnelly,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

Integrated Health Areas Dublin North County and Dublin North City & West Primary Care services have advised that there are rehabilitation gym facilities across the Community Health Care Networks. These gyms are open during the normal working hours of the centre and used as part of treatment plans for clients referred to appropriate services within each centre. Following a clinical assessment, and where gym sessions are indicated, bookings are made on a case by case basis by the on-site treating clinician. Patients are in the main referred to Physiotherapy for assessment not to the ‘gym’ for rehab. If patients require a strengthening programme pre or post op it is typically self-directed with intermittent review and progression by the Physiotherapy service as clinically indicated.

The aim is to get patients to exercise in a way that is sustainable for them. There is no open access to gym equipment and therapy space in the Primary Care centres. There are no public access ‘gyms’ within these centres, it is equipment in a small space used for teaching, one to one rehab and building capacity so patients can go elsewhere to self-manage. Equipment can only be used under supervision and there is no provision available for clinicians to refer clients solely for the use of a rehabilitation gym. The client needs to be referred to specific services, the treating clinician will then facilitate use of the gym and equipment specific to their presenting needs.

I trust this information is of assistance to you, but should you have any further queries please do not hesitate to contact me.

Yours sincerely,

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**Michelle Forde**  
**Head of Service Primary Care**  
**HSE Integrated Health Areas of Dublin North County and**  
**Dublin North City & West**