

# SPECIALISED REHABILITATION PROGRAMMES

## ORTHOPAEDIC

Acute Physical Rehabilitation  
Sub-acute / Step-down Care  
Outpatient Maintenance Programmes



### WHY ORTHOPAEDIC REHABILITATION?

The goal of rehabilitation is to restore a patient to the fullest medical, physical, mental, emotional, social, and vocational potential possible. Rehabilitation in the orthopaedic field of practice aims to facilitate optimal independence for patients with complex orthopaedic dysfunction, for example after hip or knee replacement surgery, or multiple orthopaedic trauma, all of which could potentially lead to significant disability. Orthopaedic dysfunction can successfully be addressed by means of focused rehabilitation, and Life Rehabilitation offers specific expertise in this field. Short term rehabilitative intervention is essential in view of the high risk of complications post-surgery in the absence of dedicated and intensive rehabilitation. Successful rehabilitation results in reduced healthcare costs and burden of care.

### BENEFITS OF ORTHOPAEDIC REHABILITATION

The benefits of the orthopaedic programme offered by Life Rehabilitation include the following:

- Prevention of prolonged stay in an inappropriate, acute environment.
- All necessary rehabilitation services, medical and nursing care is offered under one roof.
- Significantly decreased risk of complications during recovery phase post-operatively.
- Greatly improved patient outcomes over a shorter period.
- Interdisciplinary team approach, addressing all issues comprehensively.
- Patient-centered, outcomes driven rehabilitation.
- Simulation of a home environment, where the patient has the opportunity to practice tasks under supervision with increasing confidence.
- Focused and appropriate caregiver training on all aspects of home care.

### HOW DO WE ASSIST PATIENTS WITH MEDICAL AID AUTHORISATION PROCESSES?

Case management is carried out according to the standard Life Rehabilitation procedure. Rehabilitation admission consultants conduct a personal pre-admission patient assessment within 24 hours of the referral. This is to establish the potential benefits of rehabilitation and to optimise appropriate admissions with regards to timing and patient condition. The funder or medical aid will receive an authorisation request, to be reviewed if necessary. Admission, progress and discharge reports will be sent to the funder and referring specialists.





## ADMISSION CRITERIA

The criteria for orthopaedic rehabilitation admissions include the following:

- Post-operative patients with hip, knee and other joint replacements.
- Multiple orthopaedic trauma.
- Patients must be over 12 years (unless dedicated paediatric facilities are available).
- Medically stabilised, with all surgical orthopaedic interventions completed.
- Ability to benefit from rehabilitation and tolerate a comprehensive and intensive rehabilitation programme.

## SERVICE OVERVIEW

The service includes the following:

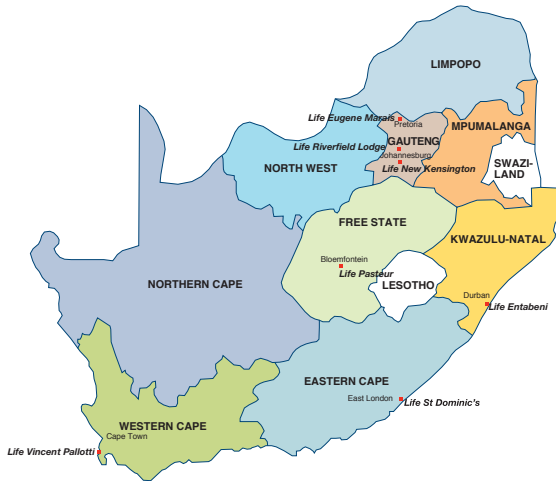
- Stabilisation of medical co-morbidities.
- Patient and family education on the correct and safe performance of activities of daily living, movement and exercise in order to minimise the risk of complications.
- Mobility and independence retraining with self-care tasks in an adapted environment.
- Recommendations on home adaptations and assistive devices.

- Addressing psychosocial needs of adjustment and coping.
- Training of caregivers, if required.

## OUTCOMES

Outcomes of orthopaedic rehabilitation in patients after joint replacement show the following benefits:

- Increased muscle strength.
- Improved mobility.
- Enhanced joint flexibility.
- Reduced swelling and pain.
- Safety in ambulation.
- Strengthening and conditioning of the entire kinetic chain.



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