

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 using focused rehabilitation, and Life Rehabilitation offers specific expertise in this field. Short term rehabilitative intervention is essential given 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.
- An interdisciplinary team approach, addressing all issues comprehensively.
- Patient-centred, 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:

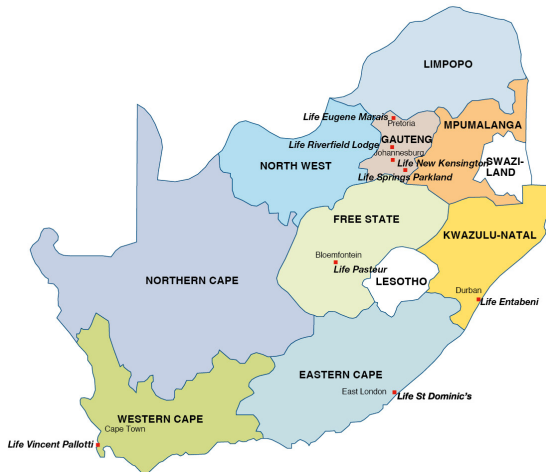
- Stabilisation of medical co-morbidities.
- Patient and family education on the correct and safe performance of activities of daily living, movement and exercise to minimise the risk of complications.
- Mobility and independence retraining with self-care tasks in an adapted environment.
- Recommendations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



CONTACT DETAILS

LIFE ENTABENI HOSPITAL

148 Mazisi Kunene, Berea, Durban 4001
Tel: 031 204 1427/1335
Email: rehab.entabeni@lifehealthcare.co.za

LIFE EUGENE MARAIS HOSPITAL

696 5th Avenue, Les Marais, Tshwane 0084
Tel: 012 334 2603
Email: rehab.eugenemarais@lifehealthcare.co.za

LIFE NEW KENSINGTON CLINIC

23 Roberts Avenue, Kensington, Johannesburg 2094
Tel: 011 538 4700
Email: rehab.newkensingtonclinic@lifehealthcare.co.za

LIFE PASTEUR HOSPITAL

54 Pasteur Drive, Hospitaalpark, Bloemfontein 9301
Tel: 051 522 6601
Email: rehab.pasteur@lifehealthcare.co.za

LIFE RIVERFIELD LODGE

34 Southernwoods Road, Nietgedacht, Johannesburg 2194
Tel: 087 352 3765
Email: rehab.riverfieldlodge@lifehealthcare.co.za

LIFE SPRINGS PARKLAND HOSPITAL

15 Springs West Road, Pollak Park, Springs 1560
Tel: 011 812 4265/6
Email: rehab.springsparkland@lifehealthcare.co.za

LIFE ST DOMINIC'S HOSPITAL

38-40 St Mark's Road, Southernwood, East London 5201
Tel: 043 742 0723
Email: rehab.stdominics@lifehealthcare.co.za

LIFE VINCENT PALLOTTI HOSPITAL

Ground Floor, The Park, Park Lane (off Alexandra Road), Pinelands, Cape Town 7405
Tel: 021 506 5360
Email: rehab.vincentpallotti@lifehealthcare.co.za

LIFE REHABILITATION - HEAD OFFICE

Building 2 - Oxford Parks, 203 Oxford Road (Corner Eastwood and Oxford Road), Dunkeld 2196
Tel: 011 219 9626
Email: rehab.headoffice@lifehealthcare.co.za
www.lifehealthcare.co.za