

Rehabilitation at Life Healthcare

Specialised orthopaedic
rehabilitation programmes





Benefits of *orthopaedic* rehabilitation

The benefits of the orthopaedic programme offered by Life Healthcare includes the following:

- Prevention of prolonged stay in an inappropriate, acute environment
- All necessary rehabilitation services, medical, and nursing care are 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

Why *orthopaedic* rehabilitation?

The goal of rehabilitation is to restore a patient to their potential medical, physical, mental, emotional, social, and vocational functioning. 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 Healthcare 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.



How do we assist patients with medical aid *authorisation processes?*

Case management is carried out according to the standard Life Healthcare 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 regard 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:

- Building endurance post-operatively
- Mobility and independence retraining with self-care tasks in an adapted environment

- 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
- 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



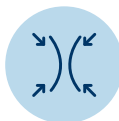
Enhanced joint flexibility



Safety in ambulation



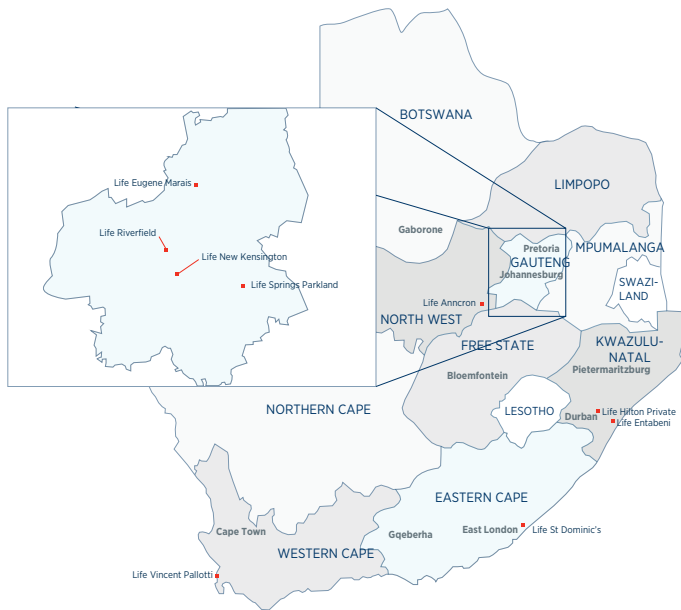
Improved mobility



Reduced swelling and pain



Strengthening and conditioning the entire kinetic chain



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