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# Purpose

In 2011/12 there was an estimated prevalence of 86 000 work related injuries to the lower limb.

Our aim is to continue to provide *gold class* services which are *effective* and assist with *timely* rehabilitation so that clients can get back to the quality of work and home life they experienced prior to their injury.

It has been identified that the Lower Limb Rehabilitation Clinic is required in order to contribute to quality rehabilitation as in recent years there is growing evidence to support the use of group rehabilitation for better achieving outcomes (Porter, 2003).

**The aim of this procedure is to describe the objectives and method of the Lower Limb Rehabilitation Clinic which takes place in the REDIMED Belmont gym.**

**The Objectives**

* To provide effective and enjoyable gym based rehabilitation that allow clients to further their rehabilitation of their lower limb injury/surgery.
* Progressive and individual programs are to be provided and closely monitored by a supervising physiotherapist.
* The Individual programs will aim to improve strength, endurance, coordination and will practice task specific skills for return to work duties as well as educate the patient about injury prevention to reduce the chance of re injury.
* The client will have access to their individual program and will be independent in completing their exercises (under supervision) to ensure that they gain a level of responsibility for their rehabilitation.
* To provide a safe environment where any rehabilitation barriers or health concerns of clients are easily identified.
* Referral to the clinic should be a smooth and easy process.
* Individual programs should assist with appropriate and timely return to work.

# Scope

**This procedure shall apply to clients attending the Lower Limb Rehabilitation Clinic which is carried out by a REDIMED physiotherapist. All physiotherapists shall identify and be familiar with this document.**

# Reference Documents

Department of Commerce, 2014. Work Related Lost Time Injuries and Diseases in WA 2009-10 to 2012-13p Mining Industry Profile. [Online]. 1-12. Available at:

<https://www.commerce.wa.gov.au/sites/default/files/atoms/files/mining_profile_2014_0.pdf> [Accessed 15 December 2014].

Porter, S 2007. *Tidy’s Physiotherapy*. 13th ed. London: Butterworth-Heinean

# Definitions

**LLRC –** Lower Limb Rehabilitation Clinic

# Flowcharts (Other Images)



# Procedures

**Referral Process:**

1. Receive a referral from a doctor or physiotherapist for a client to attend the Lower Limb Rehabilitation Clinic (LLRC).
2. Check that the client has had an initial physiotherapy appointment *prior* to attending the LLRC, all client’s require and initial physiotherapy appointment.
3. Ensure that the client meets the inclusion/exclusion criteria.

**On the day of the clinic:**

1. Collect green files from the LLRC tray which contain the gym programs and bring 4 pens for clients to fill out their programs with.
2. Greet clients upon their entering the clinic and ask how they are managing today.
3. Provide clients with their green files, they usually leave these on the box by the mirror.
4. Returning clients are to begin their warm-up as per their individual gym program.
5. Welcome new clients and introduce them to other members. Explain how the clinic is run (including where to sit prior to the gym, where the toilets and water fountain are and the times of the clinic. Also explain the purpose of the clinic.)
6. Ask the client to sit down in a side room and complete the following forms:

* Waiver Consent form
* LLRC Participant form
* The Lower Extremity Functional Index Questionnaire

1. Discuss returning clients’ goals for the day and any adjustments required for their individual programs, whilst the new client is completing their forms.
2. Review the new client’s goals with them using the SMARTER rule.
3. Set up their client’s program for them according to their goals.
4. Re-evaluate a client’s progress approximately every 6 weeks or as clinically indicated. During this evaluation:

* Client to complete another Lower Extremity Functional Index Questionnaire. Compare previous score and identify clinically significant achievements.
* Review previously completed goals.
* Exiting clients are to complete the Client Satisfaction Questionnaire.

1. Provide clients with positive feedback throughout the clinic and encourage them to socially interact with each other, this is a platform for them to express their difficulties regarding their injury/rehabilitation.
2. Ask clients to begin their cool down exercises at 2:15 pm. Discuss the clients’ goals for the next sessions during this time.
3. Remind clients to fill out their gym programs before they leave and check they have made a follow up appointment as required.
4. Assess whether new clients will be appropriate for Exercise Physiology and send an early referral as required.

**After the Clinic:**

1. Bill patients as per the subsequent appointment code PB001.
2. Communicate with the Rehabilitation Coordinator regarding a client’s progress.
3. Record Lower Extremity Functional Index Questionnaire and Client Satisfaction
4. Questionnaire results onto the Satisfaction Questionnaire Results file in Microsoft Excel.

# Appendices

Peripheral Assessment Form

Referral Form

Waiver Consent Form

Lower Limb rehabilitation Participant Form

The Lower Extremity Functional Index Questionnaire

Individual Exercise Program Sheet

Client Satisfaction Questionnaire

Lower Limb Referral Pathway