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| **Department Owner** | Jason Ryan | | |
| **Document Author** | Derrick Chan | | |
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# Purpose

The Western Australian Government has recently reported that between 2009-2013 the “Upper Limbs group accounts for the largest proportion of affected areas of the body due to injury” when looking at the statistics for work related injury. ([www.commerce.wa.gov.au](http://www.commerce.wa.gov.au) – December, 2014)

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 Upper Limb Rehabilitation Clinic (ULRC) 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 Upper 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 upper 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 Upper 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-Heinemann

# Definitions

**ULRC –** Upper Limb Rehabilitation Clinic

# Flowcharts (Other Images)

# Procedures

**Inclusion Criteria:**

Work cover clients and private clients are able to participate in the clinic.

* Rehabilitation of upper limb/s
* Acute or chronic injury/condition
* Pre/post-surgery

The main goals are to be on improving strengthening endurance and function.

* Biomechanics have been assessed and are corrected as well as they are able.
* Pain levels are well controlled with manageable levels of irritability and fatigue.
* Identified health concerns are well controlled e.g. stable blood pressure.
* Reduced independence or compliance with completing home exercise program.

**Exclusion Criteria:**

* Those who are independently managing their rehabilitation.
* The client has high levels of pain and/or irritability.
* Health concerns such as unstable angina or uncontrolled blood pressure.

**Referral Process:**

Receive a referral from a doctor or physiotherapist for a client to attend the Upper Limb Rehabilitation Clinic (ULRC).

Check that the client has had an initial physiotherapy appointment *prior* to attending the ULRC. If they haven’t then book an appointment for an initial assessment.

Ensure that the client meets the inclusion/exclusion criteria.

**Initial Assessment:**

Prior to joining the LLRG each patient will be assessed by a physiotherapist. This assessment should include the following:

To determine whether they are appropriate for the class i.e. they meet the inclusion criteria.

Patient specific goals using the SMARTER principle.

Participant and consent form where precautions/restrictions should be highlighted.

Introduction to the gym and housekeeping.

A referral form should be filled out.

The ULRC physiotherapist will provide the individual program on the first day of their clinic.

**On the day of the clinic:**

Collect (colour#) files from the ULRC tray, these contain the gym programs and bring 4 pens for clients to fill out their programs with.

Greet clients upon their entering the clinic and ask how they are managing today.

Provide clients with their gym programs which are in the green files, they usually leave these on the box by the mirror.

Returning clients are to begin their warm-up as per their individual gym program.

Welcome new clients and introduced to other members. Explain how the clinic is run (including where to sit prior to the gym, where the toilets and water fountain is and the times of the clinic. Also explain the purpose of the clinic.)

Ask the client to sit down in a side room and complete the following forms:

1. Waiver Consent form
2. ULRC Participant form
3. The Upper Extremity Functional Index Questionnaire

Discuss returning clients’ goals for the day and any adjustments required for their individual programs, whilst the new client is completing their forms.

Review the new client’s goals with them using the SMARTER rule.

Set up their client’s program for them according to their goals.

Re-evaluate a client’s progress approximately every 6 weeks or as clinically indicated. During this evaluation:

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

Provide clients with positive feedback throughout the clinic and encourage them to have social interaction with each other, as this is a platform for them to open up about their injury/rehabilitation.

Ask clients to begin their cool down exercises at 2:15pm. Discuss the clients’ goals for the next sessions during this time.

Remind clients to fill out their gym programs before they leave and check they have made a follow up appointment as required.

Assess whether new clients will be appropriate for Exercise Physiology and send an early referral as required.

**After the Clinic:**

Bill patients as per the subsequent appointment code PB001.

Communicate with the Rehabilitation Coordinator regarding a client’s progress.

Record Upper Extremity Functional Index Questionnaire and Client Satisfaction

Questionnaire results onto the Upper Limb Questionnaire Results in Microsoft Excel.

# Appendices

Peripheral Assessment Form

Referral Form

Waiver Consent Form

Upper Limb rehabilitation Participant Form

The Upper Extremity Functional Index Questionnaire

Individual Exercise Program Sheet

Client Satisfaction Questionnaire

Upper Limb Referral Pathway