

REHABILITATION FOR YOUR INJURY

Injuries are common in all walks of life, but particularly within the military environment, where the body is placed under repetitive physical stresses. This often leads to either traumatic injuries or overuse injuries occurring. Many of these can improve without the need for the MRS or PCRFS to become involved and self help sheets can be accessed via your unit medics or gym staff to assist you with how to look after a new injury.

If your injury hasn't resolved and continues to limit your normal daily duties, including PT, then you may either refer yourself for rehabilitation using the 'self referral process', or visit your MO who will refer you to the relevant PCRFS if appropriate.



Rehabilitation

Primary Care Rehabilitation (PCR) is the third step in the rehab pathway after unit care and MRS care. PCR aims to deliver a combined approach of Physiotherapy and Exercise rehabilitation therapy to improve and resolve your injury, by reducing pain and correcting poor movement patterns in order to restore function. Recommendations will be made to assist you in continuing with PT, although within a rehab stream, to ensure you maintain fitness, flexibility and strength while following a specific rehab programme to address the needs of your injury. Injury recovery time often depends on the length of time you have had your injury, however if your injury has not significantly improved within 12-16 weeks then you will be referred to the next step in the Rehabilitation pathway.

WHO WILL YOU SEE?



While in the PCRFS you will be assessed by a Health Care Professions Council Registered Senior Physiotherapist in sports and training injuries. The physiotherapist will complete a full assessment, aim to give an accurate diagnosis and prognosis and begin your rehabilitation

through manual therapies, electrotherapies, acupuncture and soft tissue corrective therapies.

You will also likely be referred to a British Association of Sports Rehabilitators and Trainers (BASRAT) registered, Registered Exercise Professionals affiliated (REPs) or Joint Service School of Exercise Rehabilitation Instructors (JSSERI) trained Exercise Rehabilitation Instructor. The ERIs are an excellent asset to assist in maintaining fitness and strength while also addressing muscular issues associated with, or in response to, your acquired injury. They run additional rehab classes, which you may be recommended to take part in, in order to facilitate a speedy recovery and return to full duties.



The ERIs will also attend a number of Unit led Rehab PT sessions to allow any issues to be raised early in the rehab process, make progressions to individual rehab programmes as necessary to promote quicker recovery and facilitate further physiotherapy input should it be required.

PHILOSOPHY OF CARE

PATIENTS HAVE THE RIGHT TO:

- Expect the highest standards of care – staff will maintain a high level of continuing professional development to maintain the highest standards.
- Expect their treatment to be individualized.
- Be treated in privacy and with dignity.
- Expect confidentiality with regard to their condition. Their case or notes will not be discussed with any person outside the medical profession without their consent.
- Ask for a chaperone at any stage of their treatment.
- Be seen within 15 minutes of their appointment time. They will be given as much notice as possible if their appointment time has to be changed.
- Be included in developing an appropriate treatment plan at all stages of care.
- Ask questions at any stage and expect honest and informed answers with regard to their condition and treatment.
- Stop or refuse any part of the examination or treatment with which they are unhappy.
- Expect the PCRFS to comply with all health and safety regulations with regard to all aspects of care to ensure their safety.



FAILURE TO ATTEND POLICY

1. Rehab appointments are classed as medical appointments and are a mandatory duty.
2. A minimum of 24 hours notice is required for the cancellation of appointments.
3. A Failure To Attend (FTA) is defined as either a missed appointment, or a cancellation within 24 hours of an appointment time (weekends are excluded). This includes cancelling on a Friday for a Monday appointment.
4. It is important to note that the cancellation of an initial appointment is likely to result in a further 7-10 working day wait for another available initial appointment. It is therefore important that these are cancelled only in extreme circumstances.
5. All FTAs will be communicated to units. Disciplinary action may be taken by units against personnel who FTA without making prior contact. Two FTA without prior contact will result in an administrative discharge.
6. It is the individuals' responsibility to contact the PCRf to inform of a cancellation. Where direct contact is made, every effort should be made to re-book the appointment at the time of cancellation.
7. If an appointment is cancelled via message, admin staff will attempt to contact individuals on 3 subsequent days. Contact details are required in order for the PCRf to contact individuals to rebook appointments. If no contact can be made then it is the responsibility of the individual to contact the PCRf to re-book. If an appointment is cancelled with direct contact and an appointment not re-booked then it is the individuals' responsibility to contact the PCRf to book a future appointment. If no contact is made within 4 weeks of the original appointment date then the individual will be administratively discharged.
8. All administratively discharged personnel will be required to go via their RMO for another referral to the PCRf.
9. If you are late for an appointment, it is at the discretion of the clinician as to whether they will see you in the remaining time. Non contact in this instance will be recorded as a FTA late arrival.

CONTACT DETAILS

PCRf SENELAGER

PCRf Sennelager is located in Building 135 (Old PTI School) Normandy Barracks.

If you have been referred for rehabilitation and need to book a PCRf appointment in Sennelager please call:

Mil: 948 79 2194
Civ: 0049 (0)5254 982 2194

Monday – Thursday 0800-1230 and 1330-1700
Friday 0800-1330

PADERBORN PCRf

Paderborn PCRf is located within the MRS on Barker Barracks

If you have been referred for rehabilitation and need to book a PCRf appointment in Paderborn please call :

Mil: 948 79 2194
Civ: 0049 (0)5254 982 2194

Monday – Thursday 0800-1230 and 1330-1700
Friday 0800-1330

ALL PCRf APPOINTMENTS MUST BE ATTENDED IN PT KIT.

Please note that if you do not book an appointment within 4 weeks of your referral, your referral will be rejected and you will be required to get another referral from the RMO if you still require treatment at the PCRf.



PADERBORN REGIONAL REHABILITATION TEAM

Primary Care Rehabilitation



MISSION STATEMENT

'to deliver optimal, patient centred care in order to facilitate an accelerated recovery from injury, through effective rehabilitation and education'