

**Spinal Rehabilitation Group, Florence Nightingale Community Hospitals (FNCH),**  
**Musculoskeletal Therapy Out Patients**

At University Hospitals of Derby and Burton the Florence Nightingale Community Hospital out-patient Occupational and Physiotherapy team provide a functional rehabilitation programme for Spinal patients who are currently off work or unable to fulfil their normal job role.

Patients and therapists agree functional, work related goals. The multi-disciplinary sessions run twice a week focussing on functional fitness; providing an open and dynamic educational environment aimed at empowering the patient in relation to their own rehabilitation. Specific work tasks are simulated and AHP fit notes can be provided regarding the patients' ability to return to work, as required.

Work status and objective data on physical/functional capacity taken from PrimusRS assessment.

**Initial face to face assessment**

1. OT assessment of functional deficit to include task analysis of their specific job role
2. Physio assessment of their specific symptoms and any biomechanical issues they have. To include review and discussion of MRI scans where appropriate.
3. Standardised objective assessment on the Primus RS used as an outcome measure and to track progress. Evaluations carried out:
  - 802 – Isometric push at shoulder height. Left and right
  - 802 – Isometric pull at shoulder height. Left and right
  - 162 – Isometric grip. Left and right
  - 191 with 'S' handle – Isotonic lift, knuckle to chest height, to patient's maximum capacity
4. Functional, work focussed goals will be agreed and will inform their ongoing rehabilitation.
5. AHP fit notes can be provided at this stage, if required.

**Rehab**

The patients will be invited to attend twice a week. This is a group session with up to 16 patients at one time.

Session 1 - will be led by the OTs and will incorporate work focussed and work simulated tasks. PrimusRS can be used for simulation of work tasks as part of the rehab programme or for more specific evaluations related to their work role.

Session 2 - will be led by physio and will incorporate generic exercise with a focus on strength, balance and confidence in movement.

Patients will also be encouraged to practice the exercises at home as part of a daily home exercise routine.

#### Reassessment/Review at 3 weeks

Standardised PrimusRS evaluations from the initial assessment will be repeated with all patients and progression will be noted and discussed with the patient. Patient specific evaluations may also be repeated as required. Data will be used to plan ongoing rehab and/or discharge. This will also be used to inform fit notes or other reports that may be requested for the workplace.

If evaluations do not indicate improvement, this will prompt discussion between the therapists and the patient regarding ongoing treatment within the group setting. If progress is not being made the patient will be either referred back to the referrer or will continue in a one to one capacity.

At this stage the OT will discuss plans for return to work or return to full duties and will provide updated fit notes as required. The therapists will also review goals with the patient and discuss discharge plans as appropriate. Rehab programme will be reviewed and progressed as able.

#### Reassessment/Review at 6 weeks

Standardised PrimusRS evaluations from the initial assessment will be repeated with all patients and progression will be noted and discussed with the patient. Patient specific evaluations may also be repeated as required. Data will be used to plan ongoing rehab and/or discharge. This will also be used to inform fit notes or other reports that may be requested for the workplace.

For some patients, if progress is noted and return to work can be facilitated, the aim would be to discharge at this point. For patients to continue beyond 6 weeks, they must be making progress towards their goals and have a plan in place with regard to their employment.

If patients continue to attend beyond 6 weeks, they will continue to be reviewed every 3 weeks

#### Other interventions

The occupational therapists can carry out a workplace assessment and/or full functional capacity evaluation if required. These assessments will usually be used to inform their potential to return to work, to identify any adaptations or equipment needed within the workplace or to gather evidence to guide any redeployment plans.

The physiotherapists can identify the need for consultant review or MRI scans. Scans can be ordered if needed.

