

# Outpatient Medical Rehabilitation Program

The CARF accredited Outpatient Medical Rehabilitation program (single and interdisciplinary) is an individualized, goal-oriented program which focuses on minimizing impairments and enabling activity and participation.

The rehabilitation team is tailored to meet the clinical, psychosocial and return to work needs of each client and involves several health care professionals. Physiotherapists, Occupational Therapists, Kinesiologists, and Massage Therapists work collaboratively with each client to set rehabilitation goals.

The program starts with an assessment to determine the type of treatment needed. Treatment may include education, reassurance, hands-on techniques, modalities (such as heat or ice), exercise, activity simulation, education and a home-based program to allow clients to maintain the gains they make. Return to work planning, where appropriate, can occur within the program.

Clients, in collaboration with all relevant stakeholders, are encouraged to assume responsibility of their own health care plans. Information about the scope of the program and outcomes achieved is shared with clients and other stakeholders.

## Program Features

- Return to Work, Outcomes focused and time-limited treatment
- Flexible scheduling and available in multiple communities across Ontario
- Care coordination. Referrals are reviewed in detail to ensure the unique needs of the client are understood and the right services are booked in a timely way
- Regular communication with the referral source and other stakeholders (as needed) throughout the program
- Program Frequency and Duration – 1-3 times per week for an average of 10-12 weeks

## Who is appropriate?

- Children (ages 5 and up), adolescents and adults who have a musculoskeletal or orthopedic injury or condition, and/or post concussive symptoms and require rehabilitation with one or many health professionals
- Clients who have been unsuccessful in other forms of conservative treatment, who have not been able to access treatment or who are experiencing a delayed recovery
- Clients whose rehabilitation needs are best met by a collaborative team or who present with risk factors for chronic disability would be aligned to the interdisciplinary program

## Program Goals

- ✓ Thorough assessment at program outset followed by collaborative goal setting
- ✓ Address any impairments, limitations or restrictions through an active, evidenced-based treatment plan
- ✓ Increase client's understanding of injury/condition and improve knowledge and coping skills regarding increasing activity and participation
- ✓ Complete regular re-assessments of function to track progress toward rehabilitation goals and adjust treatment plan accordingly
- ✓ Recommendations are provided regarding any temporary or permanent restrictions
- ✓ Facilitation of a timely and safe return to function and to work where appropriate

## Quick Facts – 2018/19

- There were 2839 treatment intakes in 2018-19
- The average age of clients is 45 years, with 53% being female in the single discipline program and 39% in the interdisciplinary program.
- 41 clients were under the age of 18.
- 90% of clients either had returned to work or were ready to return to work upon completion of their program
- 94% of clients were satisfied with their treatment
- 36% of clients were seen for injury to their Lower Extremity, 37% for Upper Extremity, 22% for Back & Neck injuries, and 5% had Other Injuries

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