

Outpatient Medical Rehabilitation Program

Who is appropriate?

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 ensures 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

- 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 to increase activity levels 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 – 2024-25

- There were 5127 treatment intakes in 2024-25
- The combined average age for both the single discipline and interdisciplinary streams is 54 years, with 57% identifying as female
- 10 clients were under the age of 18
- The combined average rate of clients in the single discipline stream and interdisciplinary stream who either had returned to work or were ready to return to work upon completion of their program is 86%
- 97% of clients were satisfied with their treatment
- 37% of clients were seen for Lower Extremity injuries, 10% for Upper Extremity injuries, 5% for Back & Neck injuries, and 48% Other injuries

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