

# AlphaCare (Rehab) Ltd

## The problem

Musculo-skeletal disorders are now the most common cause of chronic incapacity and back pain accounts for more than half of all musculo-skeletal incapacity. Chronic back disability is now increasing faster than any other form of incapacity.

## Functional Restoration is the key

An active rehabilitation programme uses a range of exercises but its main emphasis is on restoring full function and regaining physical fitness and is based on increasing quotas of activity rather than on treating symptoms of pain. Patients are followed up at 3, 6 and 12 monthly intervals after discharge.

## Our Goal

To restore you to the levels of health and activity you enjoyed before the onset of your problems, by increasing your muscular strength, mobility and cardiovascular fitness.

We aim to enable you to return to your job or running your own home. We provide you with education, counselling and follow-up programmes to help you maintain your improved condition.

## Active in two ways

It is based on active, group therapy supervised by expert therapists. Patients play an active part in their own treatment, rather than being passive recipients of physiotherapy

## A typical programme at the AlphaCare centre is: -

- ◇ supervised by a Consultant
- ◇ planned on an individual basis
- ◇ flexible to suit the patient's needs
- ◇ multidisciplinary i.e. involves consultant doctors, psychologists, therapists and other specialists as required
- ◇ non residential

## And includes: -

- ◇ group exercise
- ◇ strengthening and mobilising activities
- ◇ cardiovascular training
- ◇ back school lifestyle education
- ◇ physiotherapy
- ◇ functional activity training
- ◇ counselling in stress and relaxation techniques
- ◇ back to work activities

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Active group rehabilitation methods have been successfully employed for over 50 years and many thousands of back disorders have been successfully treated this way.

Current research in the UK and the USA, Canada, Australia and Europe confirms the value of early intervention and active rehabilitation treatment in restoring patients swiftly to their fullest function and lifestyle. AlphaCare's functional restoration programmes follow guidance issued by the Royal College of General Practitioners, Clinical Standards Advisory Group (a government body), BUPA, the Faculty of Occupational Medicine and the Insurance Industry

There is now evidence to show that 90% of all patients treated by a functional restoration/rehabilitation programme will:

- ◇ improve their management of pain
- ◇ reduce the use of medication
- ◇ improve their level of physical fitness
- ◇ improve their self confidence and daily activities
- ◇ reduce their dependence on the health care system
- ◇ return to gainful activity

The partnership between you and our treatment team will motivate you to sustain your maximum effort within the bounds of clinical safety and to share the responsibility for your recovery.

All our programmes are supervised by a Consultant. Before we start, we will need a referral letter from your GP or Consultant giving full details of your medical condition and relevant radiological reports.

Upon receipt of your referral we will invite you for a comprehensive assessment that includes: -

- ◇ medical review by the Consultant
- ◇ review by a specialist physiotherapist
- ◇ review by a specialist psychologist

## **AlphaCare (Rehab) Ltd**

To join the programme you will be: -

- ◇ motivated to commit considerable personal effort in support of your own treatment
- ◇ mobile
- ◇ prepared to work with others in a supportive environment

The programmes may be funded by: -

- ◇ private medical insurance schemes and corporate healthcare plans
- ◇ the NHS
- ◇ insurance companies under Employers and Public Liability, Motor Vehicle and Income Protection policies
- ◇ people who may wish to pay themselves

If you would like more information about the programme or how to join, please contact:

Becky Tobin or Hazel Bunyan on 02380 651090  
Or [info@alphacare-rehab.co.uk](mailto:info@alphacare-rehab.co.uk)