

Specialist Amputee and Orthotic Residential Rehabilitation



STEPS
rehabilitation


blatchford



Specialist Residential Rehabilitation

Blatchford Clinic offers a specialist residential rehabilitation programme, in partnership with STEPS Rehabilitation. Clinical outcomes can be greatly improved when combined with a tailored programme of rehabilitation, helping the client return, as near as possible, to their pre-injury level of independence. Clients will benefit from swift provision of their prosthetic or orthotic device whilst receiving daily therapy sessions to maximise their mobility, independence and general well-being.

Comprehensive Multidisciplinary Team

Intensive treatment will be provided from a comprehensive multi-disciplinary team including Prosthetist, Orthotist, Physiotherapist, Occupational Therapist, Consultant in Rehabilitation Medicine, Consultant in Anaesthetic and Pain Medicine, Psychologist and Nursing staff.

Tailored to Individual Rehabilitation Goals

Each programme is designed to meet the individual needs of each client to help them reach their rehabilitation goals. This is available both to new clients starting out on their journey as a prosthetic or orthotic user or for more established clients who would like to improve their general fitness and mobility level.

Purpose-built Rehabilitation Centre

All treatment is delivered at the STEPS purpose-built Rehab Centre in Sheffield. The state-of-the-art centre provides an enabling and positive environment with a fully equipped rehab gym, hydrotherapy pool, clinical treatment areas, outdoor all terrain environment and skills kitchen.



Multidisciplinary Team

A Consultant-led MDT of clinicians will undertake a comprehensive assessment and design an individual treatment plan and rehab programme. The MDT will treat the client, both as a team and individually, throughout their stay. The client's prosthetic or orthotic device can be fine-tuned during the programme to ensure optimal comfort and satisfaction on returning home.

Assessment and Treatment by Comprehensive MDT

- Prosthetist
- Orthotist
- Amputee Specialist Physiotherapist
- Occupational Therapist
- Consultant in Rehabilitation Medicine
- Consultant in Anaesthetic and Pain Medicine
- Psychologist
- Speech and Language Therapist
- Nurse

Additional Treatments Available

- 24-hour nursing care
- Hydrotherapy
- Pilates/yoga/tai chi
- Functional Electrical Stimulation (FES)
- Acupuncture
- Strength and Conditioning
- Group work
- Re-introduction to sport e.g. running, cycling, climbing, skiing, horseriding



Tailored to Individual Rehabilitation Goals

Treatment plans will be designed to meet each client's individual rehabilitation goals. The intensive programme will typically run from Monday to Friday with daily one-to-one treatment delivered in the STEPS purpose-built rehabilitation setting.

On completion of the programme, clients will receive a tailored rehab programme to continue at home and will return for a follow-up review session around 6 weeks later.

Sample Programme

Monday

- 09:00-10:00 Arrival and registration
- 10:00-11:00 MDT assessment with client
- 11:00-12:30 Assessment and cast by Prosthetist/Orthotist
- 12:30-13:30 Lunch
- 13:30-15:00 Therapy session – Physio assessment and testing
- 15:00-15:30 Break
- 15:30-17:00 Therapy session – OT assessment and testing
- 17:30-18:30 Dinner

Tuesday

- 09:00-10:30 Prosthetic/Orthotic diagnostic socket fitting
- 10:30-11:00 Break
- 11:00-12:30 Therapy session – gait re-education
- 12:30-13:30 Lunch
- 13:30-15:00 Psychology session - assessment
- 15:00-15:30 Break
- 15:30-17:00 Therapy session - hydrotherapy
- 17:30-18:30 Dinner

Wednesday

- 09:00-10:30 Peer support session
- 10:30-11:00 Break
- 11:00-12:30 Therapy session - OT
- 12:30-13:30 Lunch
- 13:30-14:30 Prosthetic/orthotic review
- 14:30-15:00 Break
- 15:30-17:00 Therapy session – gait re-education
- 17:30-18:30 Dinner

Thursday

- 09:00-10:30 Definitive orthosis/prosthesis fitting
- 10:30-11:00 Break
- 11:00-12:30 Therapy session – gait re-education
- 12:30-13:30 Lunch
- 13:30-14:30 Therapy session – strength and conditioning
- 14:30-15:00 Break
- 15:00-17:00 Therapy session – pilates/tai chi/yoga
- 17:30-18:30 Dinner

Friday

- 08:30-09:30 Prosthetic/orthotic review
- 09:30-11:00 Therapy session – gait re-education
- 11:00-11:30 Break
- 11:30-12:30 Therapy session – strength and conditioning
- 12:30-13:30 Lunch
- 13:30-14:30 Therapy session – hydrotherapy
- 14:30-15:00 Break
- 15:00-16:00 MDT review
- 16:00-17:00 Close and departure with home exercise programme



Real Life Stories

Maree

In 2015 43-year old Maree, who lives in Brazil, slipped on some rocks whilst out walking and fractured her ankle. Following some complications on what was thought initially to be a relatively simple fracture; Maree went on to require several surgeries and now has fixing plates and screws in place. Previously very fit, walking and cycling long distances daily as her primary means of transport, Maree found she was unable to walk for more than 20 minutes at a time and struggled with chronic pain.

On the other side of the world, living in New Zealand, Maree's Mum read about the Momentum brace in the newspaper after someone from New Zealand had travelled to the UK for treatment. After speaking to her, Maree got in touch with Blatchford Clinic to find out if she was suitable before travelling to the UK in September 2017 for treatment.

Maree was fitted with her Momentum brace by Blatchford Clinic and received rehab during her stay at STEPS Rehab. She is now able to walk pain-free and even managed to go for a long walk in the peak district during one of her rehab sessions.



Purpose-built Rehabilitation Centre

All treatment is delivered at the STEPS purpose-built Rehabilitation Centre in Sheffield. The state-of-the-art building provides an enabling and positive environment with a fully equipped rehabilitation gym, hydrotherapy pool, clinical treatment areas, outdoor all terrain environment and skills kitchen.

Clients can relax in between treatment sessions in a choice of spacious and private en-suite bedrooms or an independent living apartment.

All meals are prepared by the in-house chef with a focus on nutritional food for sustainable recovery. There are also dedicated social areas including a games room, music lounge, café and hair and beauty salon.

“I can now do things that were impossible before like running, jumping and squatting. I can't feel any pain at all, it's unbelievable! The treatment I've received from Blatchford and STEPS has been really excellent!” Maree

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