



Intensive Rehabilitation Programme

This information leaflet will provide you with information about the week of intensive physiotherapy that has been booked for you following your Orthopaedic Oncology surgery.

What does the week involve?

During the week of intensive physiotherapy you will be seen as an outpatient, you will have one to two hydrotherapy sessions and one gym session daily Monday-Friday (sessions are subject to change). The week of intensive physiotherapy involves rehabilitation specific to your individual needs and is under the supervision of a team of physiotherapists with experience in treating patients following oncology surgery. The week will begin with an initial assessment in the physiotherapy gym where your current level of function will be assessed. Here you will discuss specific goals with the physiotherapist that you would like to achieve for the week ahead.

Where can I stay?

Unfortunately, due to the COVID 19 pandemic you will not be able to stay on-site overnight. Attached is a list of local hotels. Hot and cold food and drinks can be purchased from the hospital canteen. If you think you may be entitled to financial support please contact the specialist nurse office who may be able to help you.

What happens at the end of the week?

A final assessment will be carried out in the physiotherapy gym on the Friday where you will receive a comprehensive exercise programme specific to your needs, and a referral will be sent to your local hospital so that your rehabilitation can be continued when you return home.

The Patient-Specific Functional Scale

Attached to this document is "The Patient-Specific Functional Scale". This is a questionnaire which asks you to list three things/tasks that you find difficult following your operation and score it from 0 (unable to do) to 10 (able to perform at the same level before surgery). Please can you fill this in and bring it back with you when you return for your week of intensive physiotherapy.

- Your appointment letter for your week intensive physiotherapy, including contact numbers
- A timetable that you will follow during your week of physiotherapy
- "The Patient-Specific Functional Scale" questionnaire
- A map of the hospital
- A list of local hotels

Can I bring a relative?

You can bring one relative or carer if essential. Ideally this will be someone from your household. This person may not be able to accompany you in the waiting and treatment areas for social distancing purposes. There will be staff available to assist you in the hydrotherapy changing area if needed.

What precautions are we taking against COVID-19?

When you enter the hospital you will have your temperature checked and be asked to apply hand gel and a facemask. There will be only three patients attending the week of physio, during



the gym sessions you will have dedicated cubicle space and you will be the only patients in the hydrotherapy pool. We ask that you wash with soap or shower gel before attending your hydrotherapy session. Physiotherapists will wear a full face shield during your hydrotherapy and a face mask during your gym sessions.

If you have any other questions or concerns please do not hesitate to contact the gym or hydrotherapy. We look forward to seeing you for your week of intensive physiotherapy.