



Intensive Rehabilitation Programme

About your week of intensive rehabilitation following Orthopaedic Oncology surgery

Following your surgery, your consultant has requested you return for a week of intensive rehabilitation at The Royal Orthopaedic Hospital, which will take place approximately 6 weeks after the date of your operation.

What does the week involve?

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. Each day you will have 3 sessions of physiotherapy in total consisting of 2 in the hydrotherapy pool and 1 session in the physiotherapy gymnasium (subject to change)

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.

Gym and Hydrotherapy Team:

In the Physiotherapy Gymnasium, you will be treated by the Lead Physiotherapist, the Static Senior Physiotherapist or one of the gymnasium team, to focus on land based exercises.

In the Hydrotherapy Pool, you will be treated by the Lead Hydrotherapy Physiotherapist or one of their team, for pool based treatment sessions.

Useful contact numbers are listed on the appointment letter attached to this document.

The following documents have been attached to this page:

- Your appointment letter for your week intensive physiotherapy
- A timetable that you will follow during your week of physiotherapy
- "The Patient-Specific Functional Scale" questionnaire

We look forward to seeing you for your week of intensive physiotherapy.