



PHYSIO & HYDROTHERAPY AT THE CLAVADEL



BE THE BEST YOU CAN BE

Thank you for choosing The Clavadel to support you along the road to recovery; our highly experienced physiotherapy team look forward to your arrival and working with you to restore optimum health.

Please take time to read this booklet – it outlines the wide range of services on offer and how to get the most from your stay with us.

CLAVADEL'S PHYSIOTHERAPY DEPARTMENT

Now firmly established as a leading provider of orthopaedic pre- and post-operative care, The Clavadel offers an impressive portfolio of treatment options, addressing a wide range of conditions.

Under the direction of lead physiotherapist Fiona Rushmer, a 15-strong team of experienced therapists – possessing clinical expertise across a broad spectrum of disciplines – are on hand to bring their skills to bear on both a residential and non-residential basis.

The dedicated physiotherapy suite boasts four treatment rooms; gym facilities employing the latest in HUR and GAME READY® technology; and a state-of-the-art hydrotherapy pool with fully adjustable flooring for walk-in access.

Pre-operative physiotherapy or 'prehabilitation' (prehab) sessions are also available and are actively encouraged for their invaluable role in preparing the body for the rigours of surgery as well as improving outcomes post-operatively.

The Clavadel's enviable reputation has been attained by successfully treating many thousands of patients to date, leading to it being considered a regional provider of choice among clinicians and consultants alike.

Whatever your current physiotherapy requirements may be, please read on to discover how we can assist you on your journey back to optimum health.

PRE-ADMISSION & PRE-HABILITATION

By understanding the demands that surgery places on the body, any advanced preparations that can be undertaken to offset such stresses and strains will afford your body the opportunity it needs to maximise the chance of an optimum recovery.

The process of pre-operative physiotherapy is highly recommended. Strengthening and improving flexibility of the body prior to surgery is enormously beneficial and can be successfully managed within existing pain limitations, leaving you confident to undergo any planned procedure.

To this end, The Clavadel offers a comprehensive programme of advice, exercises and information that can be commenced at any time up to six weeks prior to your operation. This also enables us to talk through your procedure with you, answer any questions you may have, and provide some valuable reassurance.

An initial assessment with a senior physiotherapist will then establish your physical capabilities by way of a range of observations that include measuring your range of movement; testing muscle strength and recording gait pattern (the manner and style in which you walk) – after which, a bespoke exercise programme will be designed to help enhance your readiness for surgery.

Experience shows that, where possible, six sessions are advisable to achieve maximum benefit. If you would like a prehab consultation, please call to book an appointment.

PHYSIOTHERAPY

Selecting the right blend of physiotherapy treatments and exercise, are vital steps along the road to recovery.

Housed in a purpose-built treatment centre, The Clavadel's dedicated physiotherapy suite with its adjoining gym facility is fully equipped to provide the very best in rehabilitative care. Our highly skilled team of healthcare professionals – guided by a vastly experienced lead physiotherapist – have been carefully selected for their knowledge and expertise in orthopaedic rehabilitation.

Drawing on over 140 years of combined clinical practise, the bespoke care plans they devise are designed to restore movement, strength and mobility at the earliest opportunity during the period immediately following surgery.

Continuous ongoing review ensures that progress is constantly monitored, and you are fully supported every step of the way throughout the healing process.

AQUATIC THERAPY (HYDROTHERAPY)

Rehabilitation in the form of aquatic therapy utilises the healing properties of water to address a variety of conditions. Heated to a temperature of 34 degrees centigrade, the water's warmth reduces pain and muscle spasm, while its buoyancy lessens the weight borne by the legs as it simultaneously provides resistance to promote muscle strength.

Housed in our treatment centre, the state-of-the-art hydrotherapy pool is one of only a handful of its kind in the UK. Its fully adjustable floor may be raised or lowered to facilitate walk-in access at poolside, and an underwater treadmill, parallel bars, and specialist massage jets help to stimulate movement and assist in recovery.

Recognising safety as absolute priority, the pool is subject to a high level of filtration and disinfection, employing a computerised chlorine dosing system – monitored 3 times-a-day – alongside an ultraviolet treatment process; both automatic systems are tested daily. In addition, water samples are examined weekly by a UK accredited laboratory to ensure the elimination of all known contaminants, making the pool safe to use following surgery.

Please note: Hydrotherapy is not suitable for everybody, as some medical conditions preclude pool work. However, for those undertaking hydrotherapy, an experienced therapist will be on hand to accompany you throughout your treatment sessions to provide constant support and guidance.

Whilst most consultants recognise the importance of hydrotherapy as an aid to recovery, they may require further clarification. Some might even prefer their patients to postpone it until later in the rehabilitation process. With this in mind, we are happy to engage with your consultant to allay any concerns and resolve possible queries they may have.

Advice regarding suitability will be discussed at your initial consultation with us, but should you require more details prior to arrival, please don't hesitate to contact us.

ICE THERAPY

Ice is an extremely effective tool in reducing pain and swelling following surgery or soft tissue trauma. Indeed, a combination of Rest, Ice, Compression and Elevation (RICE) has long been used in treating acute and chronic injury post-operatively. As you might expect, The Clavadel uses an innovative and advanced, multi-modal recovery system to deliver ice therapy: Game Ready®.

Incorporating aspects of NASA technology, professional sportspeople are already experiencing the benefits of the Game Ready® approach first hand. By simultaneously delivering both adjustable cold therapy and intermittent compression, it efficiently manages two of the most challenging aspects of RICE.

The care team will assist you in using these machines on a regular basis during your stay and in addition, ice packs are always readily available, which you will be encouraged to take advantage of.

HEAT THERAPY

On some occasions, heat therapy would be preferential to cold therapy. If, for example, you have muscle spasms or low back pain your physiotherapist may recommend trying a heat pack. These are readily available during your stay with us.

YOUR STAY WITH US

On your first day with us, or early the next, you will have your initial consultation with a physiotherapist. During this time, we will talk about your operation and the reasons for your stay; review your medical history and any medications you are taking; and acquire some background regarding your home set-up.

We will observe you moving; take measurements of swelling and joint ranges; and assess how you are walking. In addition, we will discuss your treatment goals with you to enable us to tailor a physiotherapy plan that ensures we do the utmost to meet them during your stay. You will then be given a card outlining your daily appointments.

Should your treatment include pool sessions, an additional assessment will be carried out at this time.

Please note: If you are scheduled to arrive on a Sunday, our immediate priority will be that you are in contact with a registered nurse who will assist in settling you in, making you comfortable, and ensuring you have the correct pain management in place.

Ice therapy will then be on hand to alleviate any swelling, prior to your meeting with a physiotherapist the following morning who will conduct a full assessment (as outlined above).

If you have any questions during your stay, please do not hesitate to contact a member of staff and they will be happy to answer your query.

Your weekly plan will typically include two 30-minute sessions per day, from Monday to Saturday – one of which will be in the hydrotherapy pool. Sunday is restricted to one dry land session only to allow time to work on more general exercises, where appropriate, and afford the body time to rest and recuperate. Sundays also offer a window of opportunity to socialise and receive visits from family and friends.

WHAT TO BRING TO PHYSIOTHERAPY SESSIONS

- Slippers with backs, casual slip-on shoes, or trainers will give your feet the support they need. Your feet are likely to swell, so new shoes or slippers will prove more difficult to put on.
- A swimming costume is essential if you are hoping to undergo hydrotherapy. Please bring a spare costume to allow for drying time between sessions. There is a swimsuit spinner on the premises to accelerate the drying process.
- If you are having knee or hip surgery, either soft, loose-fitting trousers or a dress/skirt will be most comfortable.
- Non-elastic or tight-fitting clothes tend to be more difficult to wear and can cause discomfort, resulting in pressure on any swelling. A pair of shorts is ideal – the more of your leg we can see, the better.

- If you have had knee surgery, you may need a Limbo (plastic leg cover). This is ideal for wearing in the shower and pool to keep your dressing dry and available to purchase at The Clavadel.
- Please bring with you any equipment the hospital provides you with – frame, crutches, etc., and any walking aids you are currently using at home.

IN THE POOL HYDROTHERAPY SESSIONS

- Wound care: Please inform the therapist of any advice you have been given by your consultant regarding wound care, for example: advice on keeping it dry and whether you are permitted to shower.
- For your information: We use a variety of waterproof dressings and Limbo covers to protect surgical incisions and open wounds during immersion. We leave the original dressing in situ, as per consultant instructions.
- General health: We advise that you shower and avail yourself of the lavatory before entering the pool. It is also important that you have a drink (non-alcoholic) following your treatment session to avoid dehydration.
- If you have any additional conditions – for example, asthma or angina – that requires you to have medications to hand, then you will need to bring these to the pool with you.

- Appointments: We aim to be fair to all patients and offer a selection of times during your stay. If you have any specific requirements, please let us know and we will try our best to accommodate you. Treatment times are usually 30 minutes long.
- If you need assistance with changing or getting to the pool, the care staff will be glad to assist. If you are further into your stay and are feeling more confident, please feel free to make your own way to the physiotherapy reception in time for your appointment.

HOME/OUTPATIENT THERAPY

It is of primary importance that once your stay with us comes to an end – having received the best of care – you feel confident and empowered to return home, safe in the knowledge your recovery can continue thanks to a carefully prepared exercise programme.

You will also receive valuable advice on several key issues, including walking aids, and a detailed discharge report will be sent to your consultant – a copy of which you can take away to pass on to your own physiotherapist, if applicable.

We would encourage you to continue working with us at The Clavadel as an outpatient if you live locally. We are confident you will have developed a trust and rapport with the team who will then be best placed to offer continuity of care, update exercise plans and progress from walking aids, whilst carefully monitoring your progress. If required, outpatient information and appointments can be discussed prior to your discharge.

FINALLY...

We wish you the very best for your forthcoming operation and hope everything goes smoothly, after which we will be pleased to welcome you and begin our journey together.

If you have any remaining questions about physiotherapy services at The Clavadel – whether before or after your stay – please don't hesitate to contact us on: 01483 561944.

HEALTH INSURANCE

If you are wishing to claim for your physio/hydrotherapy through your medical insurer, it is essential you provide us with the following information prior to your admission in order for charges to be invoiced correctly on your behalf.

If we do not have the required information you will be requested to pay for the 6 prepaid sessions at your first treatment session.

REQUIRED INSURANCE INFORMATION

- Insurance company
- Patient's membership number
- Authorisation number specific for treatment at The Clavadel
- Specific treatment authorised – physiotherapy or hydrotherapy
- Number of sessions authorised / value of sessions authorised

INPATIENT PRICE LIST

PHYSIOTHERAPY

Initial assessment and treatment 45 mins £60

Subsequent treatments 30 mins £45

Subsequent treatments 45 mins £65

HYDROTHERAPY

Subsequent treatments 30 mins £55

Subsequent treatments 45 mins £80

OUTPATIENT PRICE LIST

PHYSIOTHERAPY

Initial assessment and treatment 60 mins £90

Subsequent treatments 30 mins £50

Subsequent treatments 45 mins £70

HYDROTHERAPY

Initial assessment and treatment 60 mins £100

Subsequent treatments 30 mins £65

Subsequent treatments 45 mins £85

CHARGES & CANCELLATION POLICY

Outpatients only - All sessions must be paid for in advance. Should you wish to cancel an appointment a minimum of 48 hours notice is required. The full price will be charged should you fail to give the minimum notice.

TESTIMONIALS

You will not regret spending a week in The Clavadel to aid your recovery from surgery or prolonged hospital stay. Intensive tailored physiotherapy in and out of a custom-built hydrotherapy pool, attentive care, comfortable accommodation and wonderful food, all combine to speed up your recovery greatly. As a surgeon myself and a recent patient, I can't recommend it highly enough.

**DANIEL ROBB MBBS MRCP FRCS,
CARDIOTHORACIC SURGEON**

The Clavadel not only offers physical support and healing, but you are holistically healed as well.

In my Physiotherapy sessions I felt calm and aligned in mind, body and soul. After such major surgery and imbalance through medication, this was greatly needed and could not recommend The Clavadel more highly. I will be letting everyone I know this is the place to come after any hip or knee surgery!

DIANE CHURCHILL-GETRAER

Thank you so much for my lovely stay in the bubble that is The Clavadel. It is a truly exceptional place to stay...all the nursing staff, physios, carers are the best – effortlessly guiding the whole operation so it ticks over like a lightly oiled machine. I could have stayed another two weeks – I think then I would truly never have wanted to leave.

MARIAN ROBINSON

The Clavadel is the most wonderful place I've ever been to. It brings you health, it brings you security: everything you could hope for in a convalescent home is there. Superb nursing, excellent food, peace, highest standards of physiotherapy, warmth, friendliness, comfy beds, delightful rooms, a sweet outdoor space.

When you're at your most vulnerable, you are enveloped with kindness, professional concern, immediate & caring help at all times of the day. It should be the standard for all such homes; but The Clavadel stands supreme above them all.

MIRIAM MARGOLYES

Having a hip replacement or any major operation isn't just about the surgery, it's about the recovery. I had two hips replaced at once which made me particularly immobile and dependent on the incredible care, attention and rehabilitation I received during my three weeks recovery at The Clavadel. Choosing how and where I recovered was as important as choosing my surgeon and hospital.

EAMONN HOLMES

I would like to thank you all for being so kind, caring and encouraging. Having a new knee has been a difficult time for me and you have all made it so much easier with your wonderful, friendly exchanges and creating such a calm, peaceful atmosphere.

I felt very cossetted and safe. I think you have a superb set-up with excellent physio and hydro facilities.

GILLIAN HARRIMAN

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