



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Rehabilitation Orthopaedic Therapies

---

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

---

**Author:** Orthopaedic Therapy Team

**Department:** Orthopaedics

**Version:** 1

**Published:** Jan 2018

**Review:** Jan 2020

# Rehabilitation

## Introduction

This leaflet has been designed to help you, the patient, and your relatives have a better understanding of the type of rehabilitation that you could have on Swan ward post orthopaedic surgery.

During your stay on Swan ward if you or your next of kin have any questions please do not hesitate to speak with a member of the therapy team.

## What are benefits of rehabilitation?

Rehabilitation is very important post operatively to aid your healing and help to prevent further complications, for example pressure sores and chest infections.

Rehabilitation will improve your muscle strength, range of movement, function and prevent circulation problems.

Please ask your relatives/ friends to bring in outdoor clothes so that, you can get dressed during the day as part of your rehabilitation. Suitable footwear such as flat, supportive and enclosed shoes/ slippers will provide safety and comfort.

## **Diet and Nutrition**

Nutrition plays a vital role in post-operative recovery. A well balanced diet with adequate energy, protein, vitamins and minerals is essential in promoting wound healing, greater strength, balance and cognition.

Your body requires sufficient calcium to strengthen your bones and vitamin D to help your body absorb calcium. Eating more fibre will keep your bowel movements regular as it helps food pass through your digestive system more easily. Plenty of fluids are important to prevent dehydration.

Food and Fluid requirements are greater than usual because your body requires energy from nutritious foods to fuel the healing process. If your nutrition needs are not met, this compromises healing and may prolong your recovery. Most of us should be able to get all the nutrients we need by eating a healthy balanced diet however, if you feel you are not eating enough please ask to speak to a dietitian as some people will benefit from additional nutritional supplementary support. We encourage family members to bring in additional favorite snacks to also.

Together alongside exercise, these nutritional factors can greatly enhance your recovery and lead to significantly fewer complications.

Exercise classes are completed along to music – if you have any song requests please let us know and we will try our best to accommodate where possible. Relatives are welcome to bring in CDs if desired.

***If you have any further questions, please do not hesitate to ask a member of staff.***

- To increase confidence completing functional tasks, ready for when you are discharged from the hospital

We hope participation within the lunch club will increase your confidence and enable you to regain independence with your mobility and daily living activities.

The team encourage family/ friends to come in at mealtimes and encourage and support eating and drinking.

### **Exercise Group**

During your admission on Swan Ward you will be encouraged to participate within exercise classes when the physiotherapists feel this is appropriate.

You will be assisted by staff to mobilise to an allocated chair within a bay, joining fellow patients. You will then engage in seated exercises under the instruction of one of the therapy team, with individual support available as needed from other staff members.

Exercises classes are an important part of your ward rehabilitation and will teach you the correct technique to enable you to practice them yourself. We advise, regular completion of exercises by yourself to improve your balance, strength, stamina and confidence, in order to prepare you for discharge. Exercising 3 times daily is recommended by the team.

***Please ask to be referred to the Dietitian if you require further advice.***

### **Physiotherapy**

If referred to a physiotherapist post operatively, they will assess and advise you on your rehabilitation until discharge from Swan Ward.

Physiotherapy input may include:

- Provision of walking aids
- Fitting of braces, splints, or slings where indicated
- Exercises to improve strength and movement
- Task-orientated activities e.g. walking to the toilet
- Gait (walking pattern) re-education

You will be expected to get out of bed day one post operatively, if appropriate, by the physiotherapist or nursing staff. From that day onwards you will be expected to get dressed and get up and out of bed daily to participate in your therapy and progress towards leaving the hospital in a timely manner. The staff on the ward are here to enable and encourage your independence.

Onward referrals to physiotherapy in the community can be actioned where appropriate.

## Occupational Therapy

An Occupational Therapist may visit you on the ward to carry out an initial assessment with you. This will involve discussing your home circumstances and previous level of function. Your Occupational Therapist will work together with you to establish what your needs are for discharge and offer advice and recommendations on how to manage practical tasks following your operation. If it is appropriate we will involve your family / carers. Please ensure we have the correct contact details for your next of kin.

We may ask your relatives for furniture heights so we can assess and suggest any adaptations that you might need. It is important that your furniture is the correct height to enable easy use and for you to follow any necessary precautions after your surgery until you are able to resume normal activity.

Following your initial assessment and once you are mobile on the ward your Occupational Therapist will:

- Assess your ability to manage transfers from a bed, chair and toilet
- Ensure you can manage your activities of daily living safely (washing and dressing, meal preparation, domestic tasks etc.) – please ensure you have your own wash items and clothes in hospital

- We will discuss and recommend the level of support you need for your discharge home and refer onto other agencies for on-going support if required
- Your Occupational Therapist may issue adaptive equipment and advise on small aids you can purchase to enable your independence following your operation.

## Lunch Club

Lunch club takes place weekly on the ward in delegated bays. You will be asked to attend the lunch club from 12 noon and walk to a table with assistance from the ward staff. You will have lunch with fellow patients and be given guidance and support to order your food. Assistance will be given to help you eat your meal, if required.

Aims of the lunch club:

- To enable you to enjoy your lunch with fellow patients, providing social interaction and engagement with ward staff
- To meet patients undergoing the same/ similar process as your self
- To further progress your mobility on the ward
- To encourage individual choice when selecting your meal and the desired portion size