

LeadingRehab

Assessment & Rehabilitation Specialists

Some frequently asked questions from our patients...

Who are Leading Rehab?

Leading Rehab is an independent company specialising in detailed and comprehensive assessments to assist with the treatment and management of both acute and chronic conditions. We employ a team of experienced health professionals in our network of clinics around the UK and utilise the most up to date measuring equipment as without accurate determination of the exact nature and severity of a problem it is difficult to offer the most appropriate and effective solutions to resolve or manage the problem.

Why have you been asked to undergo an assessment?

You may have suffered from a specific injury or a gradual onset of symptoms that have impacted on your ability to carry out day to day activities and/or work. Our assessment will help to determine the nature of any underlying problems together with how they may be impacting on your current abilities. The assessment results can therefore be used to help with any treatment, rehabilitation and/or vocational planning in order to help maximise your functional potential and achieve a higher quality of life.

What does the assessment involve?

- Upon arrival at our clinic you will be welcomed by one of our clinicians who will be happy to answer in detail any remaining questions that you may have.
- With your consent the assessment will usually start with the clinician taking a detailed medical history from you which, together with any medical notes provided by the referral source, will help him/her to begin to determine the nature of your problems. The clinician may also give you questionnaires which can gain valuable insight into your perception of symptoms and their impact on function.
- The clinician will also need to take a detailed work history from you in cases where the referral source wishes us to give guidance regarding current and future work capabilities.
- The clinician will then carry out a physical examination in order to confirm the nature, severity and irritability of any underlying condition.
- The clinician will then select appropriate functional measurements that are relevant to your condition and the physical demands of any job that we are being asked to compare your abilities against. You can be assured that the clinician will not ask you to carry out any activities that

are inappropriate for your condition or that would cause you harm. Furthermore, you are advised that all activities are voluntary. This means that you do not have to undertake or continue with any activities that you feel unable to or which, in your own opinion, are likely to cause a level of discomfort that you consider unacceptable.

- At the end of the assessment you may be given further questionnaires regarding your symptoms and experiences during your time with us.
- Following the assessment the clinician will compile a report which will be sent back to the referral source. This report will usually outline the clinical diagnosis and your current functional capabilities. Recommendations regarding future treatment and management will be given where appropriate.

Who will carry out your assessment?

Your assessment will be carried out by a Senior Physiotherapist. They are recognised experts in assessment and rehabilitation of function. You can find out more information about the role of physiotherapists on the profession's website: www.csp.org.uk

How long will the assessment last?

It is expected that an assessment will last between 2 and 3 hours. This is likely to be longer than any previous assessments you may have undergone. However, in order to obtain sufficient amount of detail regarding your case it is necessary to spend a longer period of time with you.

Where will my assessment take place?

We have a network of clinics which aim to provide national coverage and minimize your travel requirements. All our clinics have been chosen with this in mind and for the level of comfort that they provide to our users. The enclosed information should give you more details about the assessment clinic you have been asked to attend.

Do I need to bring anything with me to the assessment?

You should wear loose comfortable clothing that does not restrict your movement and appropriate footwear, such as trainers. If you usually wear spectacles for reading please bring these with you. Please also bring details of any medication you may be taking in addition to any medical reports that you feel may be helpful to the examiner.

We hope that this information has helped to answer any queries you may have had as well as alleviate any anxieties that you may have in regard to being asked to come for an assessment. However, if you do have any further questions please do not hesitate to contact us.

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