



THE BRIDGE  
BETWEEN HOSPITAL  
AND HOME

REHABILITATION PROGRAMME

London Bridge Hospital  
part of **HCA** Healthcare UK



A little **extra time** and **care**  
can make all the difference

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Returning home after major, or sometimes minor, surgery can be daunting. In order to make the transition from hospital to home life as smooth as possible we've developed a flexible, physiotherapy led rehabilitation programme.

### **Who would suit the rehabilitation programme?**

Many patients will have undergone spinal or lower limb procedures however the rehabilitation programme can benefit all patients who want extra recovery following a stay in hospital.

### **A well supported journey to full recovery**

Moving from a fully supported environment to stepping back in to the home armed with lists of medication, home exercise plans and post-operative instructions can be overwhelming. The challenges of daily life - climbing the stairs or even getting back in to a car - can test our independence and affect our confidence even within the most familiar surroundings.

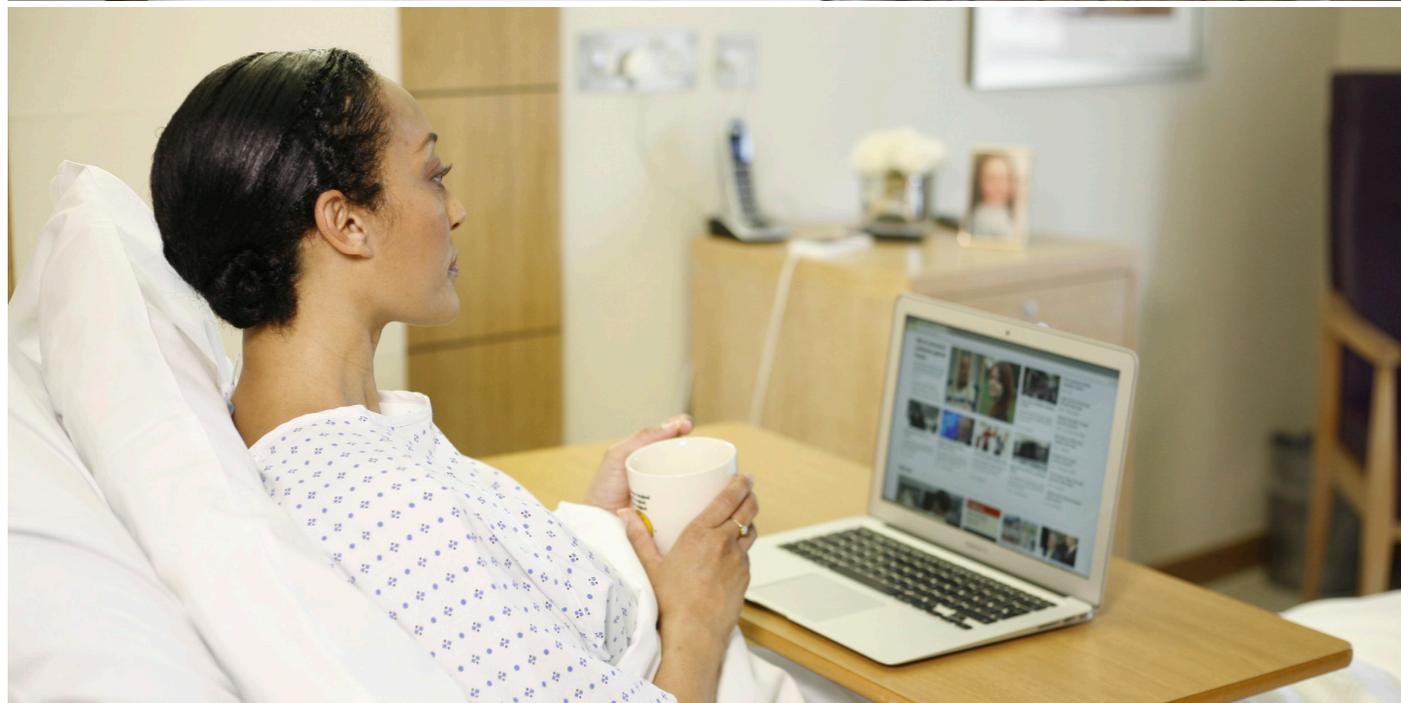
An important factor to any successful recovery comes from patients feeling confident about all aspects of their treatment, from referral right through to discharge and beyond.

Our rehabilitation programme focusses on:

- Increasing strength in weakened muscles
- Improving balance during common tasks
- Restoring movement patterns
- Reducing pain or swelling
- Practising daily activities
- Building confidence



## A personalised rehabilitation programme



London Bridge Hospital's rehabilitation programme seamlessly bridges the gap between leaving hospital and returning home.

Every individual's needs are different which is why we offer two programmes:

- **In-hospital stay** (inpatient) including: a personalised physiotherapy programme, extended stay in hospital and nursing care available 24/7.
- **In-hotel stay** (outpatient) including: a personalised physiotherapy programme and discounted rates at three of the finest hotels in the area **Shangri-La at The Shard, Hilton London Tower Bridge** and **London Bridge Hotel**.

Both environments create gentle steps to recuperating and rediscovering independence at your own pace – giving you a safe, guided and supported recovery with the freedom to come and go as you please.

At the programme's core is an extensive course of physiotherapy which delivers an enhanced package of care, including data driven pre-op and post-op reviews. Led by our experienced team of physiotherapists, your progress will be monitored against agreed clinical goals and recognised outcome measures.

### Continuous, seamless care from the team who know you

Continuity of care can greatly enhance and speed recovery. As part of your programme you'll remain with the same physiotherapist whose care you were under during your inpatient stay.

They'll have an in-depth understanding of your condition and procedure and will build a truly personalised treatment plan, to ensure you receive the maximum benefit from each session.

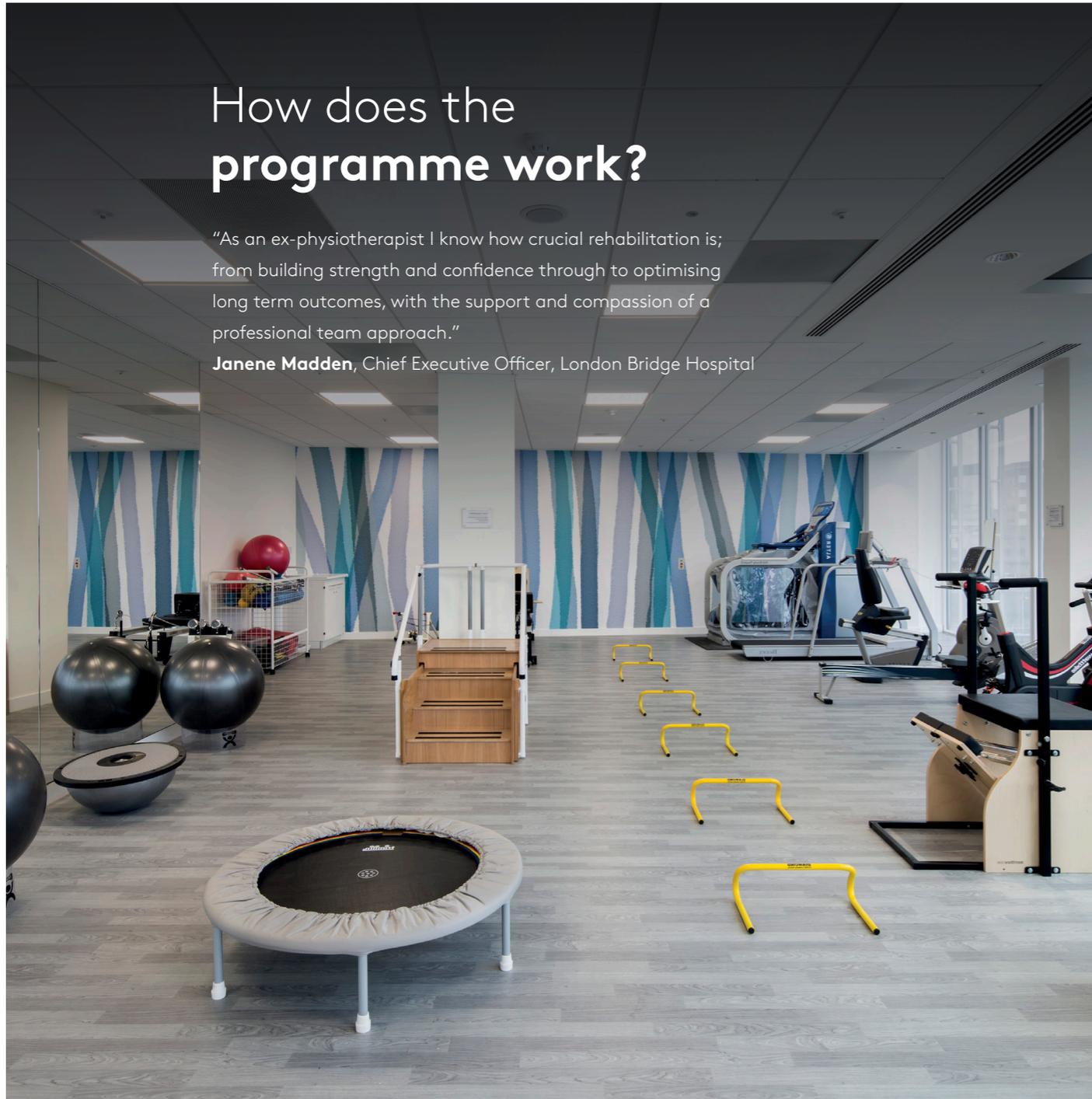
Your therapist will also explain the difference between positive strain felt during physical rehabilitation and the negative pain that comes when you're pushing your body too far. Having a thorough knowledge of your procedure, they will closely monitor this during your therapy, identify the trigger points to your discomfort and set realistic and safe expectations for when you return home.

If opting for the in-hospital programme your stay will be in the comfort of our inpatient bedrooms at London Bridge Hospital with additional on-site nursing care and three meals a day.

# How does the programme work?

“As an ex-physiotherapist I know how crucial rehabilitation is; from building strength and confidence through to optimising long term outcomes, with the support and compassion of a professional team approach.”

**Janene Madden**, Chief Executive Officer, London Bridge Hospital



On day one you'll complete an assessment with our consultant sport and exercise physician together with your designated therapist.

They'll explain your clinical journey; your surgery outcomes, your recovery so far and areas to strengthen. Post-operative guidelines will also be factored in to your plan for example if particular movements must be avoided in the short term. As this will be early in your recovery the therapy will also reflect how your tissue has healed, any swelling and the acute pain you may expect to feel following surgery.

Together, your specialist team will set the measures for your programme and define your daily progress markers. They'll measure your strength, flexibility and functional progress throughout the week and ensure you are safe and supported.

You'll have two 45-minute physiotherapy sessions a day in one of our on-site rehabilitation gyms and be closely monitored to minimise the risk of injury.

Between sessions you have the opportunity to rest, recover and even explore the vibrant surrounding area at a pace that works for you. If opting for the in-hotel programme, travel can be arranged to and from sessions should you require.

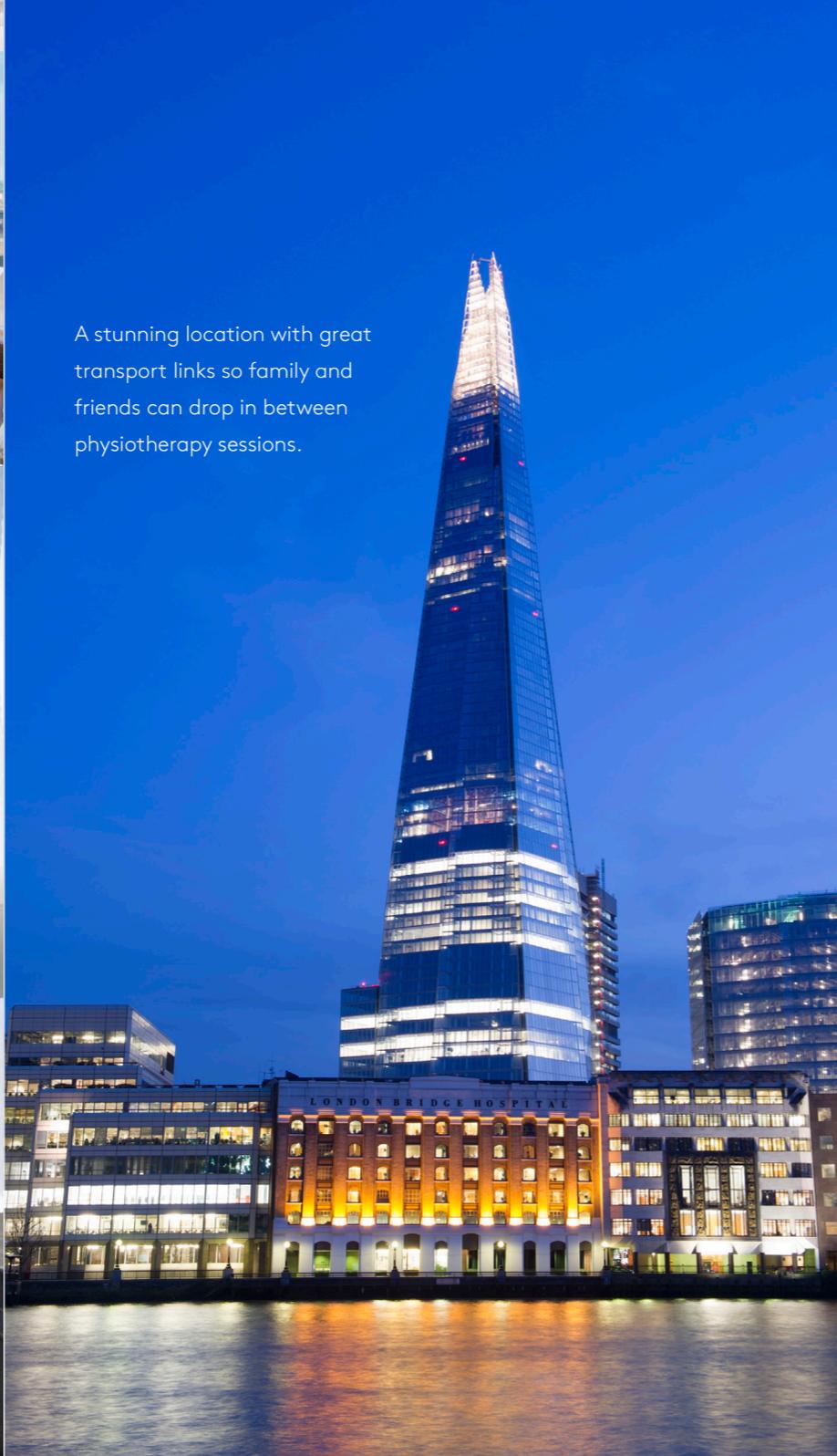
**In your final session you'll receive a discharge report. This will include:**

- **A detailed breakdown of your pre and post-op outcomes**
- **The clinical progress you've made at the point of leaving**
- **A follow up treatment plan including home exercises.**

**If continuing with outpatient therapy elsewhere it's useful to share this with your therapist.**



A stunning location with great transport links so family and friends can drop in between physiotherapy sessions.



## A multidisciplinary team geared to your return home

The integrated, multidisciplinary team approach is the bedrock of London Bridge Hospital's care and clinical philosophy - and fundamental to the rehabilitation programme. The rehabilitation team have deep clinical post-operative knowledge in a wide range of orthopaedic conditions including spinal and lower limb disorders.

Your team will consist of clinicians and therapists with specialised knowledge of your condition, your procedure and your rehabilitation needs.

Other team members who may be involved in your care:



Occupational therapists



Dietitians



Pain management specialists



Cardio-respiratory, oncology, and neuro-rehabilitation physiotherapists



Psychologists

### Personalised recovery in the finest facilities

You'll have access to the on-site rehabilitation gym during your daily therapy sessions.

No two recoveries are the same so here at London Bridge Hospital we use the latest specialist equipment to deliver a unique rehabilitation programme that meets your clinical needs including:

- **Anti-gravity treadmill** - enabling exercise with reduced body weight to increase fitness, muscle strength and balance; enhances weight-bearing for lower limb and spinal patients
- **Gait trainer treadmill** - providing detailed feedback on stride pattern and weight transfer with accurate progress monitoring
- **Pilates reformer** - works on core muscle activation for spinal health, proven to increase recovery by strengthening the back's muscular support structures

# Programme options

## In-hospital stay

£4,200

- Seven day course of physiotherapy involving two 45-minute daily sessions led by your dedicated physiotherapist
- Occupational therapy as required
- Access to a multidisciplinary clinical team including pain management, dietitians and psychologists\*
- Overnight stay in our comfortable inpatient bedrooms
- Nursing care availability 24/7
- Three meals a day
- Access to on-site medical care\*

## In-hotel stay

From £2,145

*(rehabilitation programme £1,200 + hotel stay)*

- Five day course of physiotherapy involving two 45-minute daily sessions led by your dedicated physiotherapist
- Occupational therapy – two 45-minute sessions
- Access to a multidisciplinary clinical team including pain management, dietitians and psychologists\*
- Access to The Shard lounge with WiFi, TV and café
- Daily lunch provided within HCA UK
- Discounted rate in one of three beautifully appointed hotels, in the immediate vicinity:
  - Shangri-La, at The Shard: £1,835 including breakfast
  - Hilton London Tower Bridge: £1,400 including breakfast
  - London Bridge Hotel: £945 including breakfast

\*additional fees apply

## For bookings and enquiries

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Connect with us



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