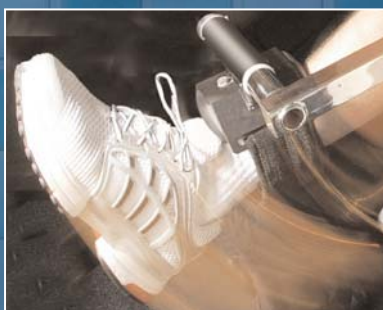


# REHABILITATION FOR **MAXIMUM INDEPENDENCE**



## **INTERNATIONAL SPINAL INJURIES AND REHABILITATION CENTRE**



THE ROYAL BUCKINGHAMSHIRE HOSPITAL

# PUTTING THE **PATIENT** FIRST

Putting patients first, the Royal Buckinghamshire Hospital provides intensive rehabilitation programmes and expertise to enable patients to return to maximum independence following illness or injury.

Established since 1980 and with the skills of a broad range of rehabilitation specialists, the International Spinal Injuries & Rehabilitation Centre, housed in the hospital, provides intensive consultant led multi-disciplinary in-patient rehabilitation programmes, assessments, and check-ups for patients with spinal injuries, head injuries, orthopaedic, and neurological conditions.

The Physiotherapy and Sports Injury Clinic specialises in effective out-patient services for sports men and women, and those with long or short term conditions from back pain to every day sprains and strains.



## Conditions Treated

Treatment packages and programmes are individually tailored for the following conditions:

**BACK AND NECK INJURIES**

**HEAD INJURIES**

**ORTHOPAEDIC CONDITIONS**

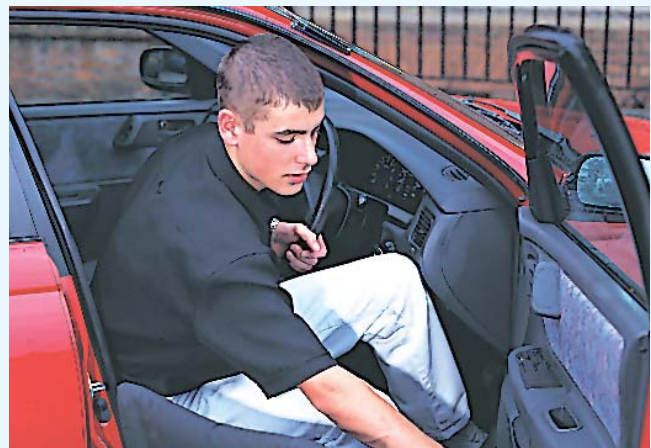
**POST OPERATIVE MOBILISATION**

**RHEUMATIC CONDITIONS**

**SPINAL INJURIES**

**SPORTS INJURIES**

**STROKES & NEUROLOGICAL CONDITIONS**



# THE INTERNATIONAL SPINAL INJURIES & REHABILITATION CENTRE

## Pro-active Rehabilitation

The International Spinal Injuries & Rehabilitation Centre delivers a complete range of rehabilitation services including multi-disciplinary assessments, individual in-patient programmes, out-patient treatment and follow-up services, as well as skills honing and top-up rehabilitation for patients who need to brush up on skills or learn new ones.

## Assessment

The Centre offers medico legal assessments, physiotherapy assessments, case management advice, and help assessing and fitting equipment. Comprehensive reports and treatment plans are produced and, where appropriate, estimates of treatment expenses are prepared.

## Rehabilitation Programmes

Programmes are consultant led and are designed to meet individual needs. Goals are set with motivation and support provided throughout. As well as the expertise of a specialist consultant and experienced multi-disciplinary team, patients also benefit from well equipped facilities including physiotherapy department and gymnasium, occupational therapy department, and a modern hydrotherapy pool.

## The Rehabilitation Team

The Centre has a multi-disciplinary team of consultants, nurses, physiotherapists and occupational therapists, and associated professionals, backed by full resident medical cover. The team take a pro-active approach to rehabilitation, encouraging patients to participate in and, where possible, return to normal living, including returning to the workplace, family, or education. The programme is not confined to the gymnasium and patients are able to learn to overcome everyday obstacles and real life situations.

The nursing staff plan the patient's personal care on a daily basis, they specialise in wound care, bladder and bowel management, and are able to help and advise on a range of issues to help the patient progress through the rehabilitation programme.



## Rehabilitation Services

**BOWEL AND BLADDER MANAGEMENT**

**CALLIPER TRAINING**

**DRIVING ASSESSMENTS AND LESSONS**

**FERTILITY ADVICE**

**FUNCTIONAL ELECTRICAL STIMULATION**

**HYDROTHERAPY**

**MOBILISATION AFTER SURGERY**

**OCCUPATIONAL THERAPY**

**PHYSIOTHERAPY**

**PSYCHOLOGICAL COUNSELLING**

**SKILLS HONING AND TOP-UP REHABILITATION**

**SPEECH AND LANGUAGE THERAPY**

**SPLINTING**

**TEACHING ACTIVITIES OF DAILY LIVING**

**TOP-UP REHABILITATION AND SKILLS HONING**

**TREADMILL THERAPY**

**WHEELCHAIR AND CUSHION ASSESSMENTS**

**WOUND AND PRESSURE CARE**

# PHYSIOTHERAPY AND SPORTS INJURY CLINIC

Taking part in active sports and leisure activities helps fitness and improves general health and well being. There are occasions, however, when sport and leisure activities can lead to injury and when prompt, expert, treatment is needed to return to the fitness routine or workplace as soon as possible.

At the Physiotherapy and Sports Injury Clinic the service is designed to be efficient, effective, and easily accessed. Patients can self refer or be referred by their specialist or G.P. The sports medicine and injury team of specialist consultants, doctors and physiotherapists can help with a range of musculoskeletal and joint conditions.



## **Injuries and conditions treated include:**

### **SPINAL**

**LOW BACK PAIN**

**LUMBAGO**

**SLIPPED DISC**

**STIFF OR LOCKED NECK**

**BACK PAIN DURING PREGNANCY**

**REPEATED BACK PAIN**

**TREATMENT NEEDED FOLLOWING SPINAL SURGERY**

### **NEUROLOGICAL**

**STROKES**

**MULTIPLE SCLEROSIS**

**HEADACHES**

**BELL'S PALSY**

### **SOFT TISSUE (SPRAINS AND STRAINS)**

**HAMSTRING STRAINS**

**ACHILLES TENDON STRAINS**

**CARTILAGE TEARS**

**GOLFER'S / TENNIS ELBOW**

### **JOINTS / BONES**

**FRACTURES**

**JOINT SURGERY**

**ARTHRITIS / STIFF JOINTS**

## **The Latest Facilities and Treatments**

The progressive team offer some of the newest treatments available from biomechanical assessments with video analysis to interferential therapy. With three fully equipped rehabilitation gymnasium, a 8.5m hydrotherapy pool, cybex equipment, and a wealth of expertise, the Physiotherapy and Sports Injury Clinic has helped some of the UK's leading sports men and women including members of the Commonwealth Games team and the British Rally team.

## **Individual care**

The Physiotherapists take a personal approach to care. Assessment and treatment sessions are not rushed and specific diagnoses, education, and support is provided. This helps sport specificity for injury and strain prevention and provides encouragement and motivation to achieve lifestyle or sporting goals.

## **Hydrotherapy**

Exercising and treatment in water provides unique support and resistance and allows the physiotherapist to target specific muscle groups effectively. The hydrotherapy pool enables the team of physiotherapists to provide the latest treatment for post traumatic and post surgical conditions including spinal injuries, head injuries, back and neck injuries, rheumatoid / arthritic conditions, orthopaedic conditions and many other conditions in a supervised and safe environment. Hydrotherapy can also be used for preventative treatments including sports and fitness training. It is also beneficial in pregnancy and post natal conditions.

# THE ROYAL BUCKINGHAMSHIRE HOSPITAL

The Royal Buckinghamshire Hospital was once the main hospital for Buckinghamshire. The main building, dating from 1862, was the first civilian hospital incorporating the design ideas of Florence Nightingale. It has been private since 1994 when it became home to The International Spinal Injuries and Rehabilitation Centre. Since then it has been extensively modernised and new facilities have been added including the hydrotherapy pool and out-patient clinic. The hospital has a sister unit in Aylesbury, The International Eating Disorders Centre, a specialist unit for patients suffering from a range of eating disorders.



## Accommodation

Accommodation is designed to make the patient's stay as comfortable as possible. To achieve this, all rooms are single, mostly en-suite with a wheelchair shower. All are well equipped with direct dial telephone, satellite television, and a video or DVD player. Wireless web access is also available. Public rooms are available to receive visitors and the hospital has self contained accommodation with cooking facilities on site for visitors and relatives.

## Catering Services

The Chef works closely with the patient, rehabilitation team and nutritionists to offer a varied menu with a variety of quality choices to reflect a full range of cultures and tastes.

## Referral

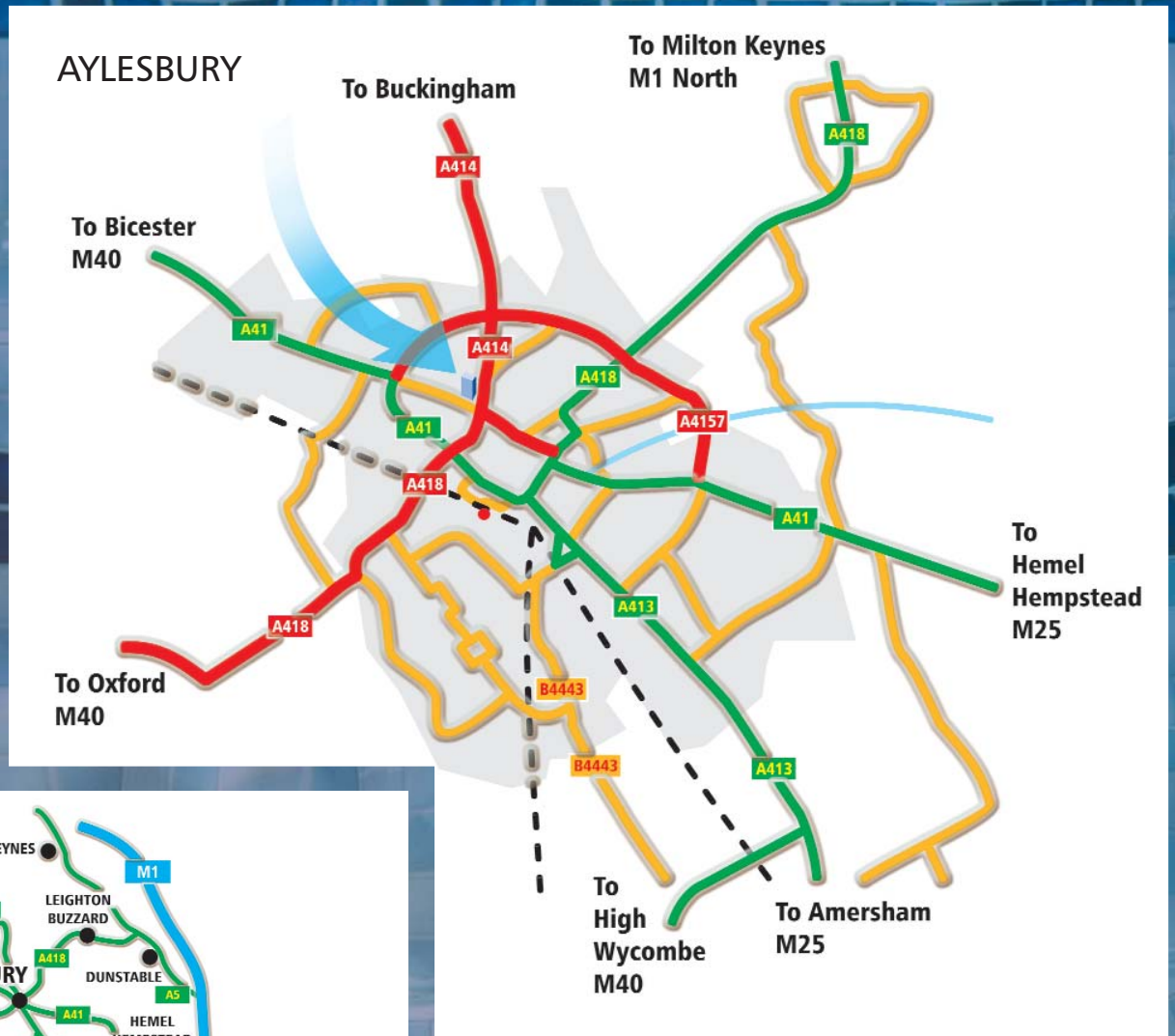
In-patients are admitted under the care of a specialist consultant. A medical report or letter of referral is required from the patient's consultant or GP. Physiotherapy and Sports Injury Clinic out-patients may self refer.

Patients and referring professionals may contact the Centre for more information on **01296 678800**.



### Location

The Royal Buckinghamshire Hospital is located in the heart of Aylesbury and is well connected for central London, Heathrow and Luton airports, and the national road and rail network. Aylesbury has excellent shopping and leisure facilities and is also home of the National Spinal Injuries Centre at Stoke Mandeville Hospital.



### Contact Details

The Royal Buckinghamshire Hospital  
Buckingham Road,  
Aylesbury, Bucks, HP19 9AB

Telephone +44 (0) 1296 678800

Out-patients +44 (0) 1296 678910

Fax +44 (0) 1296 399875

Web [www.royalbucks.co.uk](http://www.royalbucks.co.uk)

Email [enquiries@royalbucks.co.uk](mailto:enquiries@royalbucks.co.uk)

