

## Functional Restoration Programmes

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IPRS Health's Functional Restoration Programme (FRP) is delivered in a bespoke way to each client and to the specific job roles within the organisation. The programme is 7 weeks long and focusses on the bio-psychosocial factors associated with long term absence.

The main objective of this programme is to understand whether there are any bio-psychological factors are influencing individual for term absent at work.

It is delivered by Chartered Physiotherapists with a focus on the Cognitive Behavioural Approach to recovery in a way that helps to reduce anxiety and fear in employees that have chronic pain whilst also improving function and strength with a tailored rehabilitation programme.

- ✦ **Assisting employers with individuals who are suffering from long term injuries**
- ✦ **Along with MSK treatments patients receive cognitive behavioural support.**
- ✦ **Provides long term support plans for both employers and employees.**

## Case Study

A large nationwide delivery company requested a rehabilitation programme specifically designed to target employees on long term sickness absence or at work but not performing their full duties.

This programme was conducted onsite to ensure that rehabilitation could be integrated into their work specific tasks with each session lasting 4 hours. Following this intervention, there was an 89% success rate in returning employees to their full duties.

## Cost

This service is available is a part of physiotherapy package or as a bespoke workplace service. Our fully qualified Clinical assess each case in details and aim to return employees back to work as soon as possible. This programme can be delivered nationwide at a cost of £900 per referral.

## More Info?

For more information on these services contact our Business Development Team:

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