ASSESSMENT AND TREATMENT

A range of specialised services and rehabilitation programmes to help people with injuries return to work.
Accidents and injuries can turn everyday activities into challenges which reduce an individual’s abilities, independence and their capacity to work.

At Sheffield TherapyWorks we help our clients to maximise their functional independence and return to work.

We offer a range of specialised services and rehabilitation programmes designed around the needs of clients who have complex musculoskeletal injuries.
How we can help

We work with employers and insurance companies

When employees are unable to return to their normal duties following accident or illness, employers face a number of questions and challenges:
• Can my employee resume their normal duties in the future?
• Can my employee resume normal duties with reasonable adjustments?
• Are there any other suitable alternative forms of employment?

Sheffield TherapyWorks can provide you with certainty in answering these key questions.

We can help by providing a range of specialist assessment and treatment services, including:
1 Functional Capacity Evaluation
2 Work site visit
3A Primus assessment
3B Primus rehabilitation package
4A Workshop assessment
4B Workshop rehabilitation package.

Setting goals

We work with clients to agree specific goals and to design packages to meet their needs. We offer personal support throughout treatment and place our clients at the centre of the care we deliver.

We can offer:
• Quality and Safety assurance
• Expert staff
• Purpose built facilities
Quality and Safety assurance

Our team of highly skilled Occupational Therapists have many years experience working within the NHS and are registered with the Health and Care Professions Council. We work within the clinical governance framework of Sheffield Teaching Hospitals NHS Foundation Trust.

Expert staff

Our staff are specialists in the assessment, treatment and rehabilitation of individuals with disability and injury. We offer a wide range of interventions to enable clients to overcome barriers and return to work.

Our staff are specialists in assessment, treatment and rehabilitation.

Expert treatment

✓ Soft tissue conditions and work related upper limb disorders/injuries
✓ Peripheral nerve injuries/condition
✓ Complications following fractures
✓ Complications following surgery
✓ Burns
✓ Pain management
Purpose-built facilities

Our clinic is housed in a purpose-built unit at the Northern General Hospital in Sheffield.

Our facilities include:

• **Treatment areas for rehabilitation** including a large treatment area with computer-assisted assessment and rehabilitation equipment.

• **Fully equipped gymnasium** with a range of exercise equipment to test fitness and endurance.

• **Private cubicles** for confidential discussion and assessment.

• **Workshops** where clients can use machinery and hand tools in a safe environment.
Our Functional Capacity Evaluation (FCE) is a systematic evaluation of a client’s abilities, carried out by our Occupational Therapists using a recognised protocol. The FCE provides a comprehensive initial assessment that gathers detailed information about the client’s health and medical history:

• current performance ability
• activities of daily living
• details of work history.

This is an in-depth, customised evaluation that combines objective measurements with professional clinical judgment. We identity transferable skills where appropriate.

Assessments usually last five hours. We examine:

• postural and mobility tolerances
• upper limb function
• manual handling
• fitness and endurance
• effort provided
• reliability of pain and disability reported by the client.

After the assessment we provide a comprehensive report. This report contains details of the assessment, test results, and a summary highlighting the main, relevant findings together with our recommendations.

Consists of:

✓ 1 hour pre-assessment
✓ 5 hour assessment
✓ Comprehensive report
2 Work site visit

Work site visits are an important part of our programmes. We identify, measure and document the scope of a client’s job and any roles they might perform in the future.

One of our Occupational Therapists will visit the work site with the client and conduct an objective evaluation of the job and the working environment.

We supply a report detailing the demands of the job and compare our findings to the Functional Capacity Evaluation.

Our report can add to the referrer’s understanding of the job, and enable discussion and planning of the client’s fitness for work rehabilitation, future employment, and any adjustments or compromises which may be required.

Following discussion and agreement with the employer, the assessment and report can allow the client to return to work in a managed and supported way.

Consists of:

- 6 hour visit
- Comprehensive report
The Primus is a computer-based ‘simulation’ machine which can assess a client’s ability to undertake work-related tasks and assess their strength and effort. Clients undertake a detailed assessment which is tailored to their needs and establishes their functional ability. This assessment provides task-specific quantifiable data, for assessment, retraining and analysis.

Following the assessment, we provide detailed baseline measurements that can be used to record capacity and monitor progress.

**Consists of:**
- 1 hour pre-assessment
- 3 Hour assessment
- Comprehensive report
- Baseline measurements
Out Primus rehabilitation packages are based around the client’s goals and their tolerance at different stages of their recovery.

Treatment is typically based around a block of six one-hour sessions but can be scaled up or down as required. Each client is provided with an individual programme which is designed to improve function, increase stamina and aid rehabilitation.

We will provide detailed reports of the client’s progress at the end of each treatment block.

**Consists of:**

- Rehabilitation package (6 blocks of 1 hour each)
- 2 hour final session
- Comprehensive report
4A Workshop assessment

Workshop assessments take place in our specialised heavy workshop facility, where clients can use a range of machinery and hand tools in a safe environment.

Clients undergo a personalised assessment in which we establish their functional ability, work requirements, strength, stamina and endurance. This assessment provides a baseline that we can use to measure progress.

Clients then follow a work-specific rehabilitation programme under the guidance of an Occupational Therapist or Technical Instructor.

Consists of:

✓ 3 hour initial baseline assessment
✓ Comprehensive report and recommendations
Workshop rehabilitation packages are designed following assessment of the client and discussion with the Case Manager and/or funding agency. Programmes take place in our fully equipped workshop, which includes lathes, tools, a wide range of materials and safety equipment. We base activities around clients’ needs and abilities at each stage of their recovery.

Treatment is usually based around a block of ten one-hour sessions but this can be scaled up or down as required. Each client is given an individualised project-based programme to improve their function, skills and manual dexterity, increase their stamina, and aid rehabilitation.

Our workshop is a safe environment for clients to build up their confidence and interact with other people. We provide reports detailing clients’ progress against specific and measurable baseline data.

“It’s given me a great boost to get back on my feet and I feel better mentally as well as physically about going back to work.”

TherapyWorks service user

Consists of:

✓ Rehabilitation package (10 blocks of 1 hour each)
✓ 1 hour mid treatment report
✓ 2 hour end of treatment report