



Designed2Move Service Summary 2018

Assessment Options

1. Full Rehabilitation Assessment with Full narrative style report
2. **NEW for 2018** – Full Rehabilitation Assessment with Summary report

Combined Assessment & Rehabilitation Programme

1. **NEW for 2018** *EARLY Intervention Assessment & Functional Rehabilitation Programme

*For client's who have been injured within the last 3 to 12 months, are ready to fully weight bear in the case of lower limb injuries, and who have a non complex presentation. Please note specific inclusion and exclusion criteria apply to this programme – please see overleaf for full information

Functional Rehabilitation Programme Options

For details of each programme please see the full matrix document.

1. Fully bespoke programmes - Fees calculated on discussion after the assessment & report are complete.
2. High Intensity Programme
Phase 1 only (10 x 2.5 hr sessions over 4 months)
Phase 1, 2 & 3 (20 x 2.5 hr sessions over 12-15 months)(Paid in 2 installments)
3. Medium Intensity Programme
Phase 1 only (10 x 1.5 hr sessions over 4 months)
Phase 1, 2 & 3 (20 x 1.5 hr sessions over 12-15 months)(Paid in 2 installments)
4. Low Intensity Programme
Phase 1 only (7 x 2.5 hr sessions over 6 months)
Phase 1, 2 & 3 (13 x 2.5 hr sessions over 12 months)(Paid in 2 installments)

Please note all Assessment and Programme fees exclude travel costs:

Travel time £50 per hr to the nearest 15 minutes

Mileage £0.45 per mile

Example travel costs:

Travel Zone 1 – up to 2 hrs round trip, and 100 miles

£145.00 per visit

Travel Zone 2 – up to 4 hrs round trip, and 200 miles

£290.00 per visit





New in 2018

D2M Early Intervention Combined Assessment and Rehab Programme.

This has been designed specifically to encourage earlier referral (where possible!) so that the client can begin rehab as soon as possible after an injury thereby reducing the risk of long term disability and work loss. The package includes a shorter assessment and summary report, 7 rehabilitation sessions and a review assessment and final summary report, with the goal that all sessions will be completed in around 12 weeks. In order for this to be effective though we have set some inclusion and exclusion criteria as follows:

Inclusion	Exclusion
<ul style="list-style-type: none"> • No more than 12 months post injury • No further surgery expected or planned • For lower limb injuries the client must be able to fully weight bear at the assessment • Able to complete basic functional tests such as a sit to stand, or walk test at the assessment • Willing and able to participate • Primary fear avoidant & pain behaviours & functional goals • Orthopaedic or MSK injuries isolated to one – two body part areas ONLY • No significant mental health issues 	<ul style="list-style-type: none"> • More than 12 months post injury • Centralised & persistent pain including history or diagnosis of Fibromyalgia, CRPS or Chronic Fatigue Syndrome • Significant psychosocial factors or mental health issues that complicate the presentation • Drug or alcohol dependence • More than 2 body areas affected / multiple injuries and / or co-morbidities <p>Please note: many of these clients can be usually be seen within one of our more intensive programmes, please contact us to discuss.</p>

