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Connects

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In this issue:

Integrative Care: A Novel Approach to Functional Restoration

Integrative Care: A Novel Approach to Functional Restoration

Overview

Functional restoration programs (FRPs) have existed for decades. Historically, such programs were considered as a last resort after patients had failed conventional medical and/or surgical treatment. Fortunately, national and international evidenced-based guidelines support participation in FRPs when lower levels of treatment have not yielded good outcomes, when barriers to improvement with standard treatment have been identified, and when the patient is motivated to participate. This guideline support has resulted in earlier referrals to such programs, which in turn has lead to better outcomes.

The Problem

The general focus of most FRPs is on physical reconditioning and correcting mood disturbance with the expectation that doing so will result in improved physical, social, vocational and recreational function, reduced reliance on healthcare resources and improved quality of life. Scientific studies have demonstrated the short-term benefit of such programs; however, they also reveal a high incidence of relapse after program completion. There are many reasons that this occurs. Patients frequently experience a difficult time leaving the highly structured FRP setting as they feel the loss of support from the treatment team and the other patients. They also may struggle to overcome barriers such as maintaining or increasing activity levels, expanding their social networks and returning to gainful employment.

The Difference

Most functional restoration programs provide interdisciplinary treatment. This type of care involves healthcare providers (for example physicians, physical therapists, fitness trainers, occupational therapists, psychologists, social workers, and vocational counselors) working together in the same facility. Each provider generally focuses on what they know best and is responsible for reporting back to the team on barriers and progress specific to their discipline. Despite the limited focus, this treatment model does allow for essential communication between the team members that can successfully address issues that are critical to the patient achieving a good outcome. This type of treatment also provides the structure and consistent messaging that is often lacking in traditional medical care.

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The primary barriers to obtaining sustainable long-term outcomes is that most interdisciplinary FRPs rely on achieving certain ***measures*** or ***targets*** (i.e. how much someone can lift/carry or how long they can sit/stand/walk) and not specific, ***functional goals*** that are truly ***relevant*** and ***important*** to each person's quality of living. If you focus on these goals, the benefits are sustainable. Focusing solely on measures and targets will result in unsustainable outcomes.

Integrative treatment involves a shift in focus toward these specific functional goals. The World Health Organization has classified "Quality of Life Domains" as follows:

World Health Organization Quality of Life Domains

Domain	Focus
Physical Health	Energy & fatigue Pain & discomfort Sleep & rest
Psychological	Bodily image & appearance Negative feelings Positive feelings Self-esteem Thinking, learning, memory & concentration
Level of Independence	Mobility Activities of daily living Dependence on medicinal substances & medical aids Work capacity
Social Relationships	Personal relationships Social support Sexual activity
Environment	Financial resources Freedom, physical safety & security Health & social care: accessibility & quality Home environment Opportunities for acquiring new information & skills Participation in & opportunities for recreation/leisure Physical environment (pollution/noise/traffic/climate) Transport
Spirituality/Religion/Personal beliefs	Religion Spirituality Personal beliefs

At SpineOne, our team of pain management and delayed recovery specialists has extensive expertise in delivering integrative treatment within the structure of an interdisciplinary model of care. Our **integrative bi-weekly progress reports and discharge summaries** reflect our commitment to this approach - and our desire to achieve meaningful, life-long changes for our patients.

We also provide a ***complementary*** aftercare program to help ensure that our patients feel supported upon program completion.

If you would like to learn more about our approach, or if you know someone that might benefit from our program, please contact me at 408 445-8400 ext. 112.

Submitted by: Dr. Michael Post, Chief Medical Officer at RehabOne Medical Group

To learn more about SpineOne and the durable outcomes we deliver, please contact at:

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SpineOne DBC RehabOne

SpineOne's focus – and commitment – is to work with clients in helping them achieve optimized function in their lives. Through medically-directed treatment teams and evidenced-based rehabilitation, SpineOne has a direct impact on decreased neck and back pain and improved mobility and function. Another component of SpineOne's treatment approach is through a partnership with DBC – Documentation Based Care. This partnership brings together state-of-the-art technology with compassionate and collaborative treatment to deliver sustainable outcomes.