

The Sibley Report

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...the place to find valuable information to help make your job and your life easier! If you have a topic idea please call Angela Veri our Director of Customer Relations. Sibley & Associates is a national disability management firm with over a decade of experience, nearly 300 staff/consultants and state-of-the-art technology.

Sibley
& ASSOCIATES INC.

Home Sweet Home! The Benefits of In-home Physiotherapy Services

How can a client injured in a motor vehicle accident obtain timely, efficient and cost-effective rehabilitation while maximizing one-on-one treatment time? The answer is in-home physiotherapy services!

In-home physiotherapy benefits many clients by providing supervised treatment sessions in a private environment, improving compliance and recovery time. A recent study demonstrated that five home visits by a physiotherapist yielded better results in ambulation ability than one month of conventional institution-based rehabilitation (Kuisma R, 2002).

Many clients wait upwards of 1-2 weeks before seeking treatment within the clinic setting because of the pain they experience trying to leave their homes. Delayed intervention often leads to decreased healing and increased incidence of chronic pain. Providing in-home physiotherapy within the home 3-5 days post injury is supported by the scientific literature promoting early activation.

In-Home Physiotherapy has many important advantages:

- **One-to-one supervised attention:** unlike in a clinic where the client-to-therapist ratio can be 5:1.
- **Improved compliance:** because the physiotherapist is continually present and observing.
- **Encourages positive attitude** – in a clinic the client is surrounded by “suffering” and negative attitudes that can be contagious.
- **Active Therapy** - all sessions are client focused, requiring the client to be active in the therapy.
- **Seamless transition** – treatment at home provides options such as the ability to treat acute injuries before the client is mobile plus seamless transition to higher functioning activities, etc.
- **Time efficient with added convenience & comfort** – easy to schedule appointments to fit the client’s schedule. Transportation no longer an issue. **To determine if in-home physiotherapy may benefit your clients, please refer to the attached checklist.**

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