

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.

The Term: Functional Restoration – What does it mean?

More and more you may be hearing the terms Functional Restoration and the Functional Restoration Program (FRP) among your colleagues, as well as medical practitioners and assessors.

This is the case because there is growing evidence recognizing the effectiveness of function-based exercise combined with frequent education and a multidisciplinary approach.

What is the purpose of a FRP?

Functional Restoration Programs assist clients in the management of their pain while beginning return to work initiatives through a carefully structured functional exercise program. In this way, chronic pain behaviours are avoided and the client returns to their activities of daily living and/or work as quickly and safely as possible.

The FRP accomplishes this through a combination of specific functional exercises targeting the strength and/or skills they need to get back to their regular activities, as well as education about issues like hurt versus harm.

This educational aspect is a key component to the success of the FRP as it helps clients change their thought process from: "How much pain am I in?" to "How much more can I do?"

As necessary, the rehabilitation professionals can assist with pain relief, either through medication or modalities, however, the emphasis of a FRP is on *self-responsibility*. The client learns that he can manage his discomfort and that specific exercises will not cause further damage. The result is increased compliance and a decrease in the pain behaviors.

Focused Exercises -

Ensuring that exercises are specifically geared to getting clients back to regular activities keeps them focused on the tasks. They are no longer doing exercises "because the therapist says to do it" but because they understand that these exercises directly simulate their previous work environments. They realize that they are on a path to recovery and not just a never-ending course of rehabilitation. Their pre-accident functional status has been successfully restored! *Please see the attached Case Study.*



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