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# Functional Restoration Programme (FRP)

Visit our Physical  
Health Hub by  
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## Contact us

We have a team of specialists ready to discuss your requirements and provide a solution that suits your wellbeing strategy.



Call: 0333 222 0710



Email: [frp@vhg.co.uk](mailto:frp@vhg.co.uk)



[vitahealthgroup.co.uk](http://vitahealthgroup.co.uk)





# Functional Restoration Programme (FRP)

FRP is a rehabilitation intervention for individuals suffering from musculoskeletal disorders (MSDs) which is affecting their ability to return to full duties (or stay on full duties) and to complete their activities of daily living. It assesses and addresses all factors preventing a successful return to full duties including psychological barriers, social barriers and fitness for work, in addition to the injury itself.

10% of Occupational Musculoskeletal problems do not succeed with traditional interventions such as Physiotherapy and the FRP is a successful way of helping those remaining employees return to work on normal duties.

**Provision Content:** The programme is designed and paced to each individual.

- **Pre Assessment Screening:** conducted to understand the physiological and psychological impact of symptoms and the severity of the functional limitation prior to the assessment, which allows for enhanced responsiveness and accuracy of signposting.
- **Clinical Assessment:** a biopsychosocial assessment, conducted via video consultation which aims to holistically review clinical presentation, potential barriers to recovery, current working limitations and service suitability.
- **Psycho-Education:** service users are provided with strategies, knowledge and the understanding of how to empower themselves and their recovery, alongside 12 months free access to a wide range of digital physical and mental health programmes. This includes access to SilverCloud's library of resources, in addition to further support via bespoke group based sessions delivered online by qualified Mental Health Clinicians.
- **Musculoskeletal Education Sessions:** online sessions aimed to facilitate shared learnings and peer support. These address common myths and misconceptions, whilst furthering knowledge around factors which influence MSK recovery, including Sleep Hygiene, Lifestyle and Diet & Nutrition.
- **Physical Rehabilitation:** Progressive exercise prescription tailored to the individual in conjunction with access to a hub of on-demand joint specific exercise class recordings. This library of resources also includes additional classes such as Pilates, Strength & Balance and Stretch & Flex. Some users may receive six to eight face-to-face gym sessions with a MSK Clinician and 12 months access to the on-demand hub.
- **Multi-Disciplinary Working and Reintegration:** Line Managers, Occupational Health and Human Resources Teams will be supported through regular reporting with the aim of facilitating the service users return to their normal working routines, social lives and personal hobbies.



### Referral for FRP is recommended when:

- ✔ A course of evidence based physiotherapy treatment has not resolved the problem and the employee remains at work with restrictions or off work.
- ✔ The problem is reoccurring and has lead to repeat sick absence.
- ✔ Evident complexity in presentation between physical and mental services.
- ✔ Clarification on an employee's functional capabilities are required.

FRP should be the intervention of choice before long term modifications to duties are considered.

If employees are deemed suitable for the FRP programme, they will be booked into face-to-face sessions in a gym environment depending on locality and should they be happy to travel.

### To refer to the FRP programme:


Please contact self refer into our Musculoskeletal Physiotherapy Service. Contact our self referral service for Musculoskeletal support using the contact number below.

Occupational Health Referrals are also accepted and should be made directly with the FRP Team ([frp@vhg.co.uk](mailto:frp@vhg.co.uk)).

### For further information please contact:

Call: 0333 222 0710 | Email: [frp@vhg.co.uk](mailto:frp@vhg.co.uk)

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