**Helpful Notes For Funders**

I feel an innovative approach is required to assist xxxxx back to their previous life style/or towards reaching their full potential following their injury/injuries. A functional restoration programme combines all of his/her functionally relevant and personalised needs with one treating practitioner to advise, encourage and motivate him/her back to fitness and health. Designed2Move undertake such programmes and have worked with many people with persistent, long term conditions and serious injuries.

The aim of functional restoration is to rebuild the body’s foundations for movement relevant to the tasks that the client wants to achieve, to ensure that the muscles are able to work and that the joints have sufficient range of movement (or identify ways around it if they don’t). It helps clients to gain an understanding of how to manage their symptoms and rebuild confidence in their body’s abilities. It helps to address psychological and social obstacles to progress, such as worries about how they will be able to manage certain activities again and fear of re-injury, and build confidence in how to manage these thoughts.

Designed2Move uses evidence based assessment and rehabilitation techniques to provide bespoke functional restoration programmes for their clients in an environment relevant to them (including their home, gym, workplace, or park). This approach assists a successful and sustainable rehabilitation programme as they rebuild and reclaim their potential, and then provides the skills to enable the client to maintain this progress in the long term independently of healthcare wherever possible. The evidence based assessment includes functional measurement testing pre and post intervention to demonstrate progress to the client and funding parties.

Sessions may include: (and this list is not exhaustive) goal setting, help with planning home, work and exercises routines, home exercises programmes, and relevant movement retraining (for work or leisure activities), setting up gym programmes, gait re-education and outdoor walking programmes, pain management advice and education, sleep advice, relaxation and breathing techniques. Where work has been identified as a specific goal of the programme (either at the outset, or as progress is made) then sessions can also include advice and support with regards to planning and managing return to work, ergonomic adjustments, and may include a workplace visit to carry out an ergonomic assessment and/or meet with managers.