



Revita: rehabilitation programme for people suffering from back problems

P a t i e n t I n f o r m a t i o n

INTRODUCTION

Back problems can have a significant impact on your life. Your body is telling you you can no longer perform activities that were previously quite straightforward. The pain is always there or recurs time and again. As these episodes of pain increase in frequency and/or intensity you may, on the one hand, start to worry and become anxious when performing certain movements or activities. On the other hand, you may ignore the pain and all too often put your body under excessive strain.

You may well already have consulted a doctor about your back pain and received treatment from a physiotherapist, osteopath or other therapist. These treatments often produce excellent, albeit temporary, results. You may consequently need more specific support and/or different types of treatment.

This rehabilitation programme aims to help you tackle your complaints yourself and restore your confidence in your own body. We will also help you understand and manage all aspects that have an influence on your complaints. The strength of this programme lies in the combination of group-based sessions on general topics and individual therapy for your specific needs.

REVITA REHABILITATION PROGRAMME

Revita is an interdisciplinary programme for people with sub-acute or chronic back related symptoms. This programme focuses on several disciplines and offers therapy run by a physiotherapist, psychologist

and ergonomics practitioner, in consultation with a doctor specialised in physical medicine and rehabilitation.

Using education, training sessions, physiotherapy, psychosocial support and/or ergonomic advice, we aim to achieve the following objectives in group or individual format:

- ✓ To provide information on the origins and prevention of back problems. Optimising the balance between load and load bearing ability is key in this process.
- ✓ To help you strengthen the basic stability of your back, acquire functional skills, build up a basic condition, gain confidence in and promote harmony within your own body, and learn how to relax.

WHO CAN PARTICIPATE?

Revita is aimed at people suffering from mechanical back problems, who would benefit from a more in-depth approach. The physical medicine and rehabilitation physician will determine whether you qualify for this programme.

We would expect you to attend the two hourly sessions for a period of eight consecutive weeks. Following the initial evaluations, in consultation with the team, your specific individual requirements are assessed and a decision is made as to which additional therapies you may still qualify for.

STEPS TO BE TAKEN

Step 1. Appointment with a doctor at the physical medicine and rehabilitation unit.

- ✓ You have not yet been referred to the Revita programme. Arrange an appointment via 016 34 25 60 with a doctor at UZ Leuven, who is specialised in spinal disorders. In this case your medical problems will initially be assessed in more detail.
- ✓ You have already been referred to the Revita programme, upon recommendation from your GP or a specialist consultant. Make an appointment with a doctor at the physical medicine and rehabilitation unit at UZ Leuven via 016 33 87 99. The doctor will verify whether you actually qualify for the Revita programme or whether a different type of treatment would be more appropriate. If you qualify you can make arrangements to start the Revita programme via 016 33 87 99.

Step 2. The Revita programme

General

- Eight participants in each group
- Each session takes two hours, on average two sessions per week
- Back training sessions during the first half of the week
- Individual therapy during the second half of the week

Evaluation at the start of the Revita programme

Before the programme starts you will be examined by a physiotherapist, followed by a meeting with the psychologist. These evaluations focus on posture and movement examination and exploratory/informative discussions. We will also ask you to complete a number of functional

and psychosocial questionnaires on back complaints. These findings will be discussed during an interdisciplinary team meeting, following which your specific programme will be determined.

Revita group sessions

Tijdens het eerste uur geeft de kinesitherapeut, de arts of de psycholoog de nodige theoretische informatie.

- Session 1. Origins and treatment of back problems – Revita objectives
- Session 2. What are back problems? Medical and therapeutic approach
- Session 3. Basic principles for the prevention and repair of problems
- Session 4. Impact of pain on your life
- Session 5. Ergonomics of sitting and lying down
- Session 6. Lifting, carrying and moving items. Day to day activities inside and outside the home
- Session 7. Acceptance, not overdoing it and communication
- Session 8. What is pain? What to do in the event of acute pain? Sports activities. Further details on how to restore your condition.

Following a brief pause, the focus will now be on exercises.

- Posture awareness
- Stabilisation exercises
- Mobilising exercises
- Functional exercises: lifting, cleaning, etc.
- Relaxation.



Additional therapies

- ✓ Individual training sessions (condition, posture, stability, mobility, functional training, etc.) in the fitness room and/or swimming pool
- ✓ Individual physiotherapy (manual therapy, exercise therapy, taping, etc.)
- ✓ Individual ergonomic advice (on work, bed system, ergonomic aids, etc.)
- ✓ Meetings with the psychologist (concerning return to work or reorientation, pain, fear, learning not to overdo it, sleep problems, stress management, etc.)
- ✓ Workshop on screen-based working, improved sleep and/or stress management (two hourly group sessions)
- ✓ Building up your condition again: following a re-evaluation, it will be possible to continue with the training for a maximum period of six months



Revita re-evaluation

After eight weeks a physiotherapist and doctor will re-evaluate your progress. We will discuss your progress and, together with you, establish what the next potential steps might be. Your rehabilitation can then be extended (individual therapy and/or building up your condition again) or terminated. You are entitled to maximum 36 therapy sessions over a period of maximum six months. If the programme is extended, you will have a final evaluation once you have completed all the therapies.

Step 3. Finalisation of the Revita dossier with the doctor at the physical medicine and rehabilitation unit.

A final assessment will be made during a consultation with the doctor at the physical medicine and rehabilitation unit.

COST

You will be charged a therapy fee for each day you attend the Revita programme, irrespective of how many programme therapists have been involved in your treatment. The health insurance fund will cover a large share of this cost.

If you are attending the programme with approval from Fedris, they will refund the patient contribution as well as travelling expenses.

CONTACTGEGEVENS

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