



## Help to get you moving confidently after a joint replacement, fracture or injury

Recovering from an operation or fracture can seem a bit daunting, both for physical recovery and confidence.

If you have had a new joint, it can also take some time for you to get fully used to how it feels and what you are now able to do. If you have had a fracture, especially if it has taken a long time to heal, you may find that you have some muscle weakness which needs building up again.

Sometimes you just feel you would benefit from some extra time in hospital after you have been discharged, to regain your confidence before going home. This can be especially true if you live alone or if it is difficult for friends to take time off work to look after you.

We can help you back on your feet following hip and knee replacements, hip arthroscopy, fractured neck of femur and all lower-limb fractures, fractures of the upper limb, back pain, and osteoarthritic injuries.

Our musculoskeletal system is a complex structure of bones, muscles, joints, nerves, ligaments and tendons which all help to support our movement.

If you've had an operation like a hip replacement, or if you suffer from bone or muscle pain, it can often take some time to adjust and fully recover, which is where Circle Rehabilitation can help.

Our consultants and therapy team will assess your needs to create an individual therapy plan for your stay. This includes up to three hours of therapy per day, and will be adjusted daily according to your progress.

We have a wide range of the latest specialist rehabilitation equipment, and have access to a range of diagnostics which provide a backup for patients should you require any further treatment during your rehabilitation stay.

## Our aims are:

- To help you build strength and confidence
- To work in partnership with you and your consultant to achieve the best possible health outcomes for you
- To give you time to adjust

## We will:

- Treat you as an individual, putting together a package of care that is tailored to you
- Support you towards achieving your goals

Circle Rehabilitation is the largest rehabilitation network in the UK, set in our specialist centre in Birmingham and in our Circle and BMI Healthcare hospitals across England, Scotland and Wales.

Although we are a large network, you will always be treated as an individual. Everyone is at a different point on their rehabilitation journey, and we will design a package of care with you that suits your individual needs. Our expert medical team includes consultants, doctors, nurses, psychologists, physiotherapists, dietitians and other specialist rehabilitation therapists. They'll provide you with the latest treatment and therapies using state-of-the-art technology, in a high quality hospital setting.

You set the goals; we work towards them together.

## Funding your rehabilitation treatment

Do you have private medical insurance? Circle Rehabilitation is recognised by many of the major insurance and medical legal providers. Alternatively, you can pay for your own treatment. If you would like more information about using your private medical insurance, or if you would like to discuss prices for your individualised package of care, please call us on [0800 096 3236](tel:0800 096 3236) or email [rehab@circlehealth.co.uk](mailto:rehab@circlehealth.co.uk)

We welcome referrals from GPs, consultants, insurers, solicitors and directly from patients. We can provide assistance to individuals, embassies and overseas patients on admissions, and we welcome enquiries from patients and their families to determine the most appropriate care we can offer.

**0800 096 3236**  
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