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Scrutiny Review Meeting

June 19th 2017

**A centre of excellence for human
movement & rehabilitation**

Body 2 Fit's working partnership with Stockton Borough Council

Body 2 Fit has worked closely with Stockton Borough Council (SBC) over the last 10 years to modernise, improve and continue to develop its Occupational Physiotherapy and Rehabilitation service. We have continually proven the benefits of working in close partnership with a local specialist Physiotherapy company that offers a 'unique' service.

Body 2 Fit operates the current Physiotherapy service for the Council utilising a fully electronic resource, enabling the management of referrals, appointments, reports and audits to take place via password protected e-mails and inevitably speeding up the Physiotherapy referral process for council employees. Referred staff are contacted and offered appointments, assessment reports completed and audits compiled, ALL within the requested time frames. Urgent and acute cases are highlighted, prioritised and often assessed within 24 hours of referral whilst routine cases are seen within 4 days, 98% of the time. This has resulted in maintaining more staff at work OR returning them to work as soon as possible.

In order to maintain the high standards of care Body 2 Fit offers and SBC expects, all of our staff meet regularly to audit data, peer review client cases, critique the literature on practice to ensure evidenced based practice and subsequently discuss how to further improve our service.

Another important attribute is the strong working partnership Body 2 Fit has spent years creating with local General Practitioners and Consultants. Our clinician's expert skills are widely respected and as such, on several occasions SBC employees have been diagnosed accurately, referred to the most appropriate service promptly and returned to work faster than if reliant on the local NHS model alone.

We have also successfully piloted a new 'drop-in' Physiotherapy service, predominantly assessment and advice driven, which can offer managers a more cost-effective way of providing a service to their employees, and often preventing any potential MSK sickness absence.

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Further new services that Body 2 Fit can offer include; more alternative therapies (both on and off-site) to help reduce stress; a variety of fitness classes within the workplace that educate the client on improved posture awareness; and the option of a 'BACK 2 FIT' Spinal Rehabilitation Programme exclusive for SBC employees that educates on symptom self-management, lifestyle modification and encourages an increase exercise activity.

These unique services are delivered from within premises that are arguably the best in the Northeast and exclusive to Body 2 Fit. Body 2 Fit has 2 well equipped venues with a total of 5 private treatment rooms across Stockton-On-Tees all within 5 miles of the Stockton Borough's boundaries. The venues are fitted with all the basic equipment you would expect from a standard Physiotherapy clinic but also boast a variety of specialised equipment helping Body 2 Fit achieve its motto of 'Your Well-being is our Speciality'.

Our extensive facilities include;

- rehab parallel bars
- balance equipment
- fully equipped gymnasium with resistive and CV equipment
- rehab studios
- electrotherapy
- hydrotherapy pools
- indoor running track
- Pilates rehab equipment
- education tools (charts, models, fact sheets, etc)
- onsite diagnostic scanning facilities
- onsite complimentary therapies (Podiatry, Massage, Chiropody, etc)

These unrivalled facilities allow for a broad spectrum of unique rehabilitation services to be offered to council employees and are available at the convenience of the employee with weekly opening hours between 0800 – 2000 and Saturdays 0830 – 1400.

If unable to access one of the venues then Body 2 Fit also has a fully equipped 'mobile' Physiotherapy & Rehabilitation service which further reduces the possibility of non-attendance to treatment and/or interruption of care. Domiciliary visits can be conducted on request.

Quite simply, Body 2 Fit provides a unique, affordable and effective *local* Healthcare service, perfect for SBC's needs and with the ability to adapt to help achieve your employee's health goals. Over the last 10 years we have responded quickly to all recorded feedback; amending, improving and implementing the service accordingly to maximise effectiveness.

Kind regards

Mr Robert White
Director – Body 2 Fit Ltd

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