

# AposTherapy®

## *Healthcare Professional Short Guide*

*Helping her  
keep doing  
what she  
loves*



# AposTherapy®

**AposTherapy** offers a new approach for the treatment and management of knee conditions based on the latest scientific evidence regarding the central role biomechanics plays in the pathophysiology of knee OA and other knee pathologies. By combining optimal body alignment with controlled perturbation while walking as part of daily routine, **AposTherapy** restores neuromuscular control, instilling desirable patterns of motion for significant and lasting reduction in pain, and improvement in function and QoL. **AposTherapy** has treated tens of thousands of patients internationally across our centres in the UK, Israel, Singapore and The United States.

For more information, including clinical research please visit our healthcare professional pages at <http://apostherapy.co.uk/en/healthcare-professionals/overview>

## CONDITIONS WE TREAT:

- Knee osteoarthritis
- Chronic Knee Pain
- Torn Meniscus
- Knee Ligament Damage
- Patello-femoral knee pain
- Rehabilitation following knee surgery

## Coverage

**AposTherapy** is covered by a number of private medical insurers including:

AposTherapy is covered by

**Bupa**

for severe knee pain\*

AposTherapy is covered by WPA\*



and other major insurers



## Care Pathway

- **Patients attend an initial consultation at one of our dedicated centres.**  
This consultation is free of charge to patients and medical insurance companies regardless of whether or not the patient begins an **AposTherapy** treatment programme. All consultations are delivered by AposTherapists who are experienced registered chartered physiotherapists specially trained in **AposTherapy**.
- **During the initial consultation,** patients will experience our state-of-the-art computerised gait lab, complete pain, joint-function and QoL assessment questionnaires, and will be interviewed and examined by an AposTherapist. Those who qualify for **AposTherapy**, will then receive an individually calibrated biomechanical system, together with a personalised therapy programme that fits with their existing daily routine; this helps to ensure optimal compliance and treatment outcomes.
- **Patients then return for follow up consultations** where their outcomes are measured and assessed in exactly the same way as the initial consultation allowing objective assessment of response to treatment. Follow up consultations are included as part of the treatment programme the length of which can be 6 months or 12 months depending on the individual.

## Clinical Reporting To Referring HCPs

- Once a patient becomes an **AposTherapy** member we will of course take care of all booking, administration and follow up under our pathway of care approach.
- In addition for each patient referred to us, on request you can receive a report indicating the outcome of the initial consultation including a summary of findings from the gait analysis and clinical assessments.
- We'll also continue to update you on your patient's progress after follow-up consultations.
- These reports also provide you with an excellent tool to use in discussion with patients to objectively show them the benefits of the treatment and help strengthen your patient relationships.

## If you wish to learn more about AposTherapy we can offer you

- A personal call or telephone call with one of our Healthcare Consultants
- A visit to one of our clinics, either as a guided tour or by accompanying a patient
- To attend one of our regular medical education events

**If you are interested in any of the following please contact us via [information@apostherapy.co.uk](mailto:information@apostherapy.co.uk) or call 0208 432 5334**

\*Subject to eligibility criteria.

†Subject to eligibility criteria and pre-authorisation.

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## How to refer patients

Treatment is provided at our dedicated centres in London, Manchester & Edinburgh and at the BMI hospital in Birmingham and the Benenden Hospital in Kent.

**Patients can be referred for a free, no-obligation in-depth assessment by one of our specially trained Chartered Physiotherapists by one of the following options:**

**Online:** by completing our online referral form at <http://apostherapy.co.uk/en/healthcare-professionals/refer-patients>

**Email:** [referral@apostherapy.co.uk](mailto:referral@apostherapy.co.uk)

**Phone:** 0208 432 5334 (hotline for healthcare professionals)

**Post:** Patient Referrals, **AposTherapy**, 344-354 Grays Inn Road, London WC1X 8BP

## Helpful Information When Referring Patients

### Referring HCP

HCP name

Referral date

Email

Mobile

### Contact details

Patient first name

Patient last name

Date of birth

Email

Mobile

Landline

### Clinical details

Duration of symptoms?

Location of symptoms

Previous treatments?