

### Clinical pathway

Rehabilitation medicine is offered in rehabilitation clinics, in rehabilitation departments at general and academic hospitals and in specialized outpatient treatment centres. Rehabilitation is a component of various clinical pathways, meaning that this form of care is given in collaboration with other disciplines in hospitals, nursing homes, home care, GPs and other primary facilities. Where children and young patients are concerned, the treatment is often given in close collaboration with special needs schools.

### A life full of possibilities

Rehabilitation medicine offers patients fully tailored, intensive treatment. Its goal: maximum recovery, self-reliance, and participation in society, for a life full of possibilities.



**Rehabilitation  
medicine:**

*maximum recovery and  
optimum quality of life*

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## An introduction to rehabilitation medicine

What is rehabilitation medicine? What does it offer people? This leaflet answers these and other questions. The best way to understand what rehabilitation medicine entails is to see how it works and what it achieves. For this reason, Revalidatie Nederland (The Netherlands Association for Medical Rehabilitation) has released a short film that pictures the experiences of four rehabilitating patients



The film can be viewed at [www.revalidatie.nl/film](http://www.revalidatie.nl/film) or – easier still – by scanning the QR code below with your smartphone or tablet.



## Participating in society

A disease, accident or congenital disorder can lead to a life with a physical impairment. Rehabilitation medicine plays an important role in such people's lives, focusing on helping patients achieve maximum autonomy so that they can participate in society as intensively and independently as possible. Rehabilitation makes it possible for patients to return to their own environments and, if at all possible, to go back to work or school. The goal of rehabilitation is to achieve maximum recovery and the best possible quality of life for the person concerned.

## Rehabilitation medicine requires a tailored approach

The physiatrist, a specialised physician in rehabilitation medicine, and the patient, who by definition has practical experience, have a joint responsibility for the patient's treatment. In order to be as efficient and effective as possible, the rehabilitation physiatrist brings together a variety of (para) medical disciplines. A treatment programme is formulated in consultation with the patient, which then serves as a basis for several healthcare professionals to collaborate towards achieving his or her goals.

## Rehabilitation medicine is a top-notch effort

Rehabilitation treatment focuses on what the patient is still capable of. Through a specific and often intensive rehabilitation programme, the patient brings out the best in him or herself and learns to make optimum use of his or her remaining capacities. In this effort, the patient can rely on the support of occupational therapists, physiotherapists and speech therapists, but also on psychologists or social workers, among others.