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Once you and your provider can schedule a functional assessment for you by calling (603) 650-8285. The results of this test will determine if the functional restoration program (FRP) is right for you.

This 2-hour evaluation includes:
- discussion of your goals and exactly what you want to be able to do
- explanation of the Functional Restoration Program and review of what you will be doing each day
- simple flexibility, lifting and walking tests to see what you can do now compared to what you want to be able to do
- assessment of any stressors or barriers you feel may affect your treatment or achievement of your goals
- comparison of your current abilities and goals, and discussion of how you can best get the results you want
- shared decision-making: a discussion of all the alternatives to determine if the program is right for you

If you and the evaluation team agree that FRP can help you reach your goals, we will schedule a visit with a Spine Center practitioner for medical clearance. The medical social worker will work with you, your insurance carrier, and available community resources to arrange for you to start the program.

If you have barriers to starting or getting the most out of the program (such as diagnostic questions, severe deconditioning or depression, drug/alcohol/medical problems, financial concerns, childcare, etc.), we can arrange outpatient therapies or consultations and a follow-up visit to reassess your enrollment in the program.

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Getting started

"I can’t believe how great this program really is. It’s even more than was promised. My family and I are most grateful for all of your guidance and treatment. I’ve got my entire life back."

FRP patient

Functional Restoration Works

Functional re-testing sessions are conducted at four weeks, four months, and twelve months after completing the initial program. These visits ensure that your self-care program is maintaining your physical gains to meet your recovery goals. The FRP is committed to long-lasting results, not quick fixes.

A physician evaluation of your end result and impairment status is available on request. Your employer or worker’s compensation contact may request this report.

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Your Current Abilities
Your Goals
Flexibility • Strength • endurance
Physical training • Behavioral support
Self-care • Activity planning

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This 14-day program runs each month for three weeks (eight-hour weekdays). The first day involves extensive evaluations. Thereafter, each day has:
- five hours of physical training and integration with your goals and plans for work, play and daily activities (there’s extensive planning to ensure you can maintain the gains you have made)
- group discussion of anatomy, diagnosis, pain, drugs, surgery and vocational resources
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