



Ministry
of Defence

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Mr Jonathan Bishop

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20 December 2017

Dear Mr Bishop

Thank you for your enquiry of 11 November in which you asked:

“Could you please tell us what rehabilitation programmes you have in place for experienced personnel and new recruits in the Royal Airforce, the Army and the Navy who have exceeded their limits in terms of physical or mental execution.”

On 22 November you clarified this to mean:

“medical rehabilitation provided to serving Armed Forces personnel” and

“those personnel who require medical rehabilitation, for injury or sickness, to enable them to return to duty.”

As requested, your enquiry is being treated as a request for information under the Freedom of Information Act (FOIA) 2000. The Ministry of Defence (MOD) can confirm that it holds information within the scope of your enquiry.

The provision of medical rehabilitation for the UK Armed Forces comes through the Defence Medical Rehabilitation Plan. This provides a tiered approach to the Services' rehabilitation needs.

The MOD has a widespread rehabilitation network that includes the Defence Medical Rehabilitation Centre (DMRC) at Headley Court, Regional Rehabilitation Units (RRUs) and Primary Care Rehabilitation Facilities (PCRF). Military patients requiring rehabilitation are sent to the facility most appropriate to their particular needs, irrespective of whether they are new recruits or personnel at other stages of their career.

DMRC

The DMRC is the principal medical rehabilitation facility for the UK Armed Forces. It provides acute medical rehabilitation across the spectrum of injury from sports, exercise and industrial accidents to the more serious neurological conditions and complex trauma casualties. Patients can be referred to the DMRC from secondary care or directly from primary care.

The DMRC delivers all aspects of rehabilitation with on-site consultants, physiotherapists, exercise rehabilitation instructors, occupational therapists, speech and language therapists, social workers and psychology and cognitive therapy specialists. The DMRC aims to achieve maximum functional outcome for all patients.

In 2018 the Defence rehabilitation facility at Headley Court will transfer to the Stanford Hall Estate in the East Midlands. The new facility will offer a number of 'betterments', including being able to deliver additional capabilities and capacity with the potential to improve function as well as patient clinical outcomes.

RRUs

The RRUs, located in the UK and Germany, provide rehabilitation in the region of the patient's parent unit and home. The RRUs provide patients with musculoskeletal injuries with an intermediate level of treatment (inpatient and outpatient) between PCRf at Station and Garrison level and the DMRC.

RRUs admit patients to a multi-disciplinary injury assessment clinic to be seen by a doctor with a specialist interest in sports and exercise medicine and a physiotherapist to diagnose the condition presented and to define rehabilitation plans. RRU personnel include civilian doctors with a specialist interest in sports and exercise medicine, military and civilian physiotherapists and exercise remedial instructors, civilian podiatrists and civilian administrative staff with support from visiting DMRC consultants.

PCRfs

PCRfs deliver local rehabilitation to unit personnel and are typically located within a Defence medical centre. PCRfs mainly case manage and treat minor and some moderate acute musculoskeletal injuries. PCRfs are non-bedded facilities, operating on an out-patient basis, and refer patients to RRUs and the DMRC, depending on clinical assessment.

If you would like any further information or have any queries regarding the content of this letter, please contact this office in the first instance.

If you wish to complain about the handling of your request, or the content of this response, you can request an independent internal review by contacting the Information Rights Compliance team, Ground Floor, MOD Main Building, Whitehall, SW1A 2HB (e-mail CIO-FOI-IR@mod.uk). Please note that any request for an internal review should be made within 40 working days of the date of this response.

If you remain dissatisfied following an internal review, you may raise your complaint directly to the Information Commissioner under the provisions of Section 50 of the Freedom of Information Act. Please note that the Information Commissioner will not normally investigate your case until the MOD internal review process has been completed. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Further details of the role and powers of the Information Commissioner can be found on the Commissioner's website at <https://ico.org.uk/>.

Yours sincerely,

Headquarters of the Surgeon General