



LYNDEN HILL CLINIC

THE PERFECT ENVIRONMENT FOR RECOVERY

Postoperative Care, Respite &
Rehabilitation in Berkshire

Lynden Hill Clinic

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Established in 1993, Lynden Hill Clinic is a unique and tranquil place of healing & recovery. The perfect environment for respite, post-operative rehabilitation, convalescence care and leaders in post-operative orthopaedic and Neurology rehabilitation. Situated in beautiful Berkshire countryside.

Patients receive physiotherapy, hydrotherapy* and 24-hour Nursing care tailored to their condition. Each individual is expertly cared for, encouraged and motivated, to enable them to return home with confidence.

We are a family-owned Clinic, we employ the finest Nurses, Physiotherapists, Chefs and Health care team to ensure the quality of care received is second to none. Our generous staff levels ensure highest standards of care.

*Hydrotherapy is subject to assessment.



A Message from Our General Manager

"Come and recover in our peaceful surroundings, situated in the beautiful Berkshire countryside. At Lynden Hill Clinic, we aim to provide a first class service."

Anne Shirley Ikin

B.A Nursing Degree, Registered General Manager



Visit Our Website

Linden Hill Ln, Kiln Green, Reading RG10 9XP

0118 940 1234







enquiries@lynden-hill-clinic.co.uk

Our Rooms

At Lynden Hill Clinic, we ensure that our patients are cared for in a friendly and comfortable environment.

Rooms vary in size, with some rooms large enough to accommodate a guest if required. All rooms have wheelchair access, whilst a nurse call system keeps patients in touch with staff at all times. We also have a 12 person lift giving access to all floors.

All 28 bedrooms are beautifully furnished, each having:

-  En suite shower or wet room
-  Wireless
-  Telephone
-  Flat screen TV
-  Radio
-  Room service



Delicious and Nutritious Menu

Experience the excellent food in the Lynden Hill Restaurant. We specialise in nutritious, yet delicious home-cooked dishes that guests simply love.

Our chefs prepare food in our 5-star rated kitchen. We have a wide choice of dishes catering for diverse dietary requirements.

A private dining area can be arranged on request.

Our daily rate includes breakfast, lunch, dinner and hot drinks.

We are delighted to announce that our kitchen has consistently received 5-star ratings.





Prosecco Sunday

All our guests are welcome to enjoy a glass of Prosecco in the Drawing Room on a Sunday.

You will have an opportunity to chat with other guests whilst enjoying a glass of bubbly before lunch is served.

Prosecco is served every Sunday at midday in the Drawing Room.

Afternoon Tea

Afternoon tea is served daily at 4.00pm in the Drawing Room.

You will have an opportunity to chat with other guests whilst enjoying a cup of tea with the homemade cake of the day.

We also have a regular visiting pianist who plays weekly during afternoon tea.





Library

We have a peaceful and well-stocked library with comfortable seating for our guests to sit and relax with a good book.

Reception is happy to assist in arranging a game of Bridge for guests who would like to play during their stay with other guests.



Terrace

Our Grade II listed building is nestled in the beautiful and peaceful surroundings of the Berkshire countryside.

We have a recently refurbished large terrace overlooking the beautiful gardens for our guests to enjoy in the warmer months, where we can arrange for lunch to be served weather permitting.

The terrace is also the perfect quiet spot in the mornings to sit, relax and soak up the views. We have extensive gardens to enjoy where you can walk during your free time.



At Lynden Hill we pride ourselves on giving our patients total peace of mind during their stay with us. Our inclusive daily rate reflects this with our simple and transparent price plan, leaving you free to fully enjoy your stay at Lynden Hill.

We offer a Fixed-Rate Room Fee which includes:

- 24 Hour Nursing Care
- GP Services
- Daily Newspaper on Request
- Room Service Included
- All Meals Included
- Fresh Home Cooked Meals and Waiter Service Included
- Complimentary Tea, Coffee & Hot Chocolate
- Daily afternoon tea with homemade cake of the day in the Drawing Room
- Broadband WiFi
- UK Telephone Calls
- Daily housekeeping including fresh towels
- Premium Scottish Sea Kelp toiletries
- Still & sparkling bottled water
- Visiting Pianist for your entertainment

To Secure a Room:

A deposit of £2000 is required to cover your first five days' accommodation with us.

Please bring 2 weeks medication from hospital with you.

This is a refundable deposit if your operation is cancelled.



Nursing Services

Round the clock Nursing Care

Our Nursing team provides 24-hour care to meet patients holistic care needs to ensure a positive post-surgery rehabilitation and recovery.

Our aim is to ensure that patients are admitted into a calm, well managed and well led service to ensure that their overall needs are met, this will include pain management, ice therapy, personal care needs, wound management and discharge planning to ensure a safe discharge for patients to continue their recovery at home.

One of our excellent registered nurses will complete an admission assessment shortly after arrival and our wonderful health care assistants will assist you in unpacking your belongings, completing your menu and settling in to your stay. All of our nurses take pride in ensuring that patients are cared for to a high nursing standard, Nurses and health care assistants skills and training are updated regularly to ensure that we are able to maintain this standard of nursing care.

On hand 24 hours a day the nursing team will ensure you have a call bell pendant to access help if needed and our team will ensure to meet your needs quickly and efficiently.

We will effectively communicate with patients and their families to ensure that post-surgery care needs are met efficiently and effectively.

Patients are temporarily registered with a local surgery to ensure that we have access to a GP as needed and that we are able to provide patients with medications on discharge and throughout their stay. Our local GP visits weekly on a Thursday.

Postoperative Care

Upon admission, our expert team will assess your needs and consult your surgical procedure records so we can plan your tailor-made postoperative care programme with you. At Lynden Hill, We specialise in the following procedures:

Orthopaedic Surgery

- Trauma related Surgeries
- Ankle/Tendon Repairs
- Elbow Replacement
- Hand Surgery
- Hip Replacement
- Knee Replacement
- Shoulder Replacement
- Spinal Surgery

Other Conditions

- Neurological Surgeries
- Respite care for Parkinson's
- Stroke
- Gynaecological Surgeries
- Cardiac Surgeries





Respite Care

Flexibility is crucial in caring for our patients and in supporting their families. You may feel that you need a short term residential respite care to enable your family time to themselves, or you may be recovering from a stay in hospital and need a little more care before going home. At Lynden Hill Clinic we are very happy to offer respite care on a short term basis and aim to offer the flexibility you require. We welcome patients of any age from 18+.

You can be guaranteed of peace, tranquillity and beautiful views here at Lynden Hill. We are located in extensive, secluded grounds frequented by local wildlife, yet easily accessible with the M4 only minutes' away.

Rehabilitation

In some instances, due to complex medical conditions or following surgery, a period of rehabilitation may be beneficial. While many people go home from hospital following surgery, a heart attack or a stroke, for some, additional support from qualified Nurses, carers and Physiotherapists is an important part of recovery. Establishing and achieving goals for rehabilitation is an on-going process. With the direct additional support for you and your family in those early days, we can help provide the confidence to achieve the planned goals and speed up the recovery process.





Prehabilitation

Prehab aims to improve your joint function prior to the replacement. This has been shown to help assist some of the physical and mental barriers you might experience prior to surgery, therefore helping to reduce the overall intervention required afterwards (Topp et al 2002).

We can offer you tailormade prehabilitation exercises plan that will help you improve the strength, mobility and familiarise you with the walking aids that you are likely to use post-surgery.

Expert Physiotherapy

At Lynden Hill we pride ourselves in offering a tailor-made and evidence-based treatment plans to aid and accelerate your recovery.

Our excellent Physiotherapists are experienced in treating a wide variety of Post-op Orthopaedic, Neurology, General, cardiac & abdominal Surgeries.

We have close working relationships with the Surgeons and Hospitals, and we closely follow their treatment protocols.

On arrival our Physiotherapists will carry out an in-depth assessment and understand your needs and abilities. A patient centric treatment plan will be formulated and discussed and agreed with you.



We are pleased to offer Out-patient based Physiotherapy service for your continued care.

We also offer a range of mobility equipment on sale for your convenience.



Rahul Gupta, SRP MSCP

Physiotherapy Manager, Lynden Hill Clinic





Expert Hydrotherapy

Where appropriate patients will be offered Hydrotherapy sessions in our recently refurbished pool.

Our Hydrotherapist are members of Aquatic Therapy Association of Chartered Physiotherapists (ATACP) and our Hydrotherapy pool is maintained in line with ATACP guidelines.

With over 40 years of collective experience our expert Hydrotherapists will provide you with a specialist tailor made treatment plan to suit your individual needs.

Hydrotherapy progresses rehabilitation, addressing all aspects of muscle strengthening, core stability and range of movement, without the normal pressure of gravity. Our state-of-the-art Hydrotherapy pool is set in a self-contained building comprising of shower and changing facilities.



Our Hydrotherapy department is open 6 days a week, Monday – Saturday.

We are pleased to offer Out-patient based Hyrdotherapy service for your continued care.

Hydrotherapy* is a Safe & Effective Way to Aid:

- Orthopaedic rehabilitation including joint replacements
- Spinal disorders
- Musculoskeletal disorders
- Neurological conditions
- Arthritic Conditions

*Hydrotherapy is subject to assessment.

Beauty Therapies

Scan the QR Code for a full list of Therapies & Treatments with current prices.



Aromatherapy

Suitable for all age groups, this aromatherapy involves gentle massage together with pressure points to stimulate circulation and lymphatic drainage to rid the body of toxins.



Hopi Ear Candles

Ear candles have been used traditionally by Shaman Healers for centuries. Ear candles are used traditionally to cleanse and harmonise different energy fields in the individual aura and to drive out negative energies.



Hot Stone Massage

Hot Stone Massage is a unique massage where the therapist uses smooth warm stones. The high levels of iron and magnesium enables the stones to retain the heat for a long time releasing it slowly during the massage – increasing circulation.



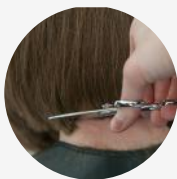
Swedish Massage

Swedish massage is exceedingly beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.



Therapeutic Massage

Based on techniques used in traditional Swedish massage, Therapeutic Massage is gentler and more relaxing. An excellent way to relieve stress and tension and the treatment is always tailored and adapted to suit the patients requirements.



Hairdressing

We have a visiting Hairdresser who would be very pleased to welcome you in our purpose built Salon and discuss various service they offer. Please enquire with reception for hairdressing prices.



Beauty Therapy

Our In-house Beauty Therapist offers a number of Beauty Therapies like Facials, Manicure, Pedicure various other beauty treatments. Our therapists are experienced in dealing with various post-operative clients.



Other Salon Treatments

Other services include Waxing and Tinting. Please enquire with reception or visit our website for a complete list of salon treatments. We look forward to welcoming you.

At Lynden Hill we pride ourselves in offering a wide range of therapies and treatments for inpatients and outpatients to support & nourish your mind and body.

Frequently Asked Questions

Do you provide Transport?

Yes, we will be very pleased to organise a car to collect you from the Hospital. Please let us know at the time of booking.

What happens if my surgery is cancelled or re-scheduled?

We can refund your deposit in full or re-schedule your booking.

Where will I have my Physiotherapy Treatments?

We have a very spacious purpose built Physiotherapy Gym with far reaching views of our beautiful Garden which offers a perfect environment for your rehabilitation.

Are my meals included?

Yes, all meals are included.

Do you have round the clock Nursing care?

Yes, our expert Nursing team is available 24x7.

Do you have GP services?

Yes, we are pleased to offer services of visiting GP are included in our daily rate.

Can my visitors dine with me when visiting?

Yes, please speak to a member of Reception team and we would be very happy to organise this.

Can my partner/ carer stay with me?

Yes, please discuss this at the time of booking and we can accommodate your carer/partner in same or separate room.

Can I come back to you as an Out-patient for Hydrotherapy and Physiotherapy?

Yes, we are pleased to offer out-patient based Physiotherapy and Hydrotherapy service.

Can you remove my clips/ suture while I am staying with you?

Yes, We can change your dressings and remove clips or sutures in line with your Surgeons protocol.

Can I extend my stay?

Yes, subject to bed availability we would be very pleased to extend your stay with us.

Can I just stay for a couple of nights?

Yes, no length of stay is too short or too long at the Lynden Hill Clinic.

Testimonials

Scan the QR Code to Read More



We're proud of our Client Feedback

"I am so pleased that I chose to spend time at Lynden Hill Clinic after my total hip replacement. All aspects of the care that I received were first class. Nothing was too much trouble for any of the members of staff that I encountered. To have expert physiotherapy twice daily has really accelerated my recovery and given me the confidence to return home. Their intuition about how to manage my physiotherapy at each session was expert and reassuring. The handy hints for my return home have been really helpful. This extended to the physiotherapy assistants who escorted me to every session from my room...."

JANE SHERLOCK

"It is easy to give Lynden Hill full marks for staff, cuisine, physiotherapy, location and cleanliness but that would only scratch the surface of this healing sanctuary. I have never experienced the perfection Lynden Hill and its team exposed me to. For two weeks, every task except for focusing on my body and its recovery from a full knee replacement, was handled by the director, front desk staff, attendants, nurses, waiters, physical therapists and masseuse. They operated as a synchronized and seamless team to take care of me. All in an atmosphere of peace and calm..."

CRAIG ADKINS

"I had to have a full right hip replacement and as I live on my own, I was terrified of being on my own. So, I decided to go to the Lynden Hill Clinic where friends of mine had been – it was the best decision I have ever made! The physio team members were brilliant! I had two physio sessions a day and if anyone reading this is in any doubt, please do it! The physios just give you the confidence to pursue your recovery. Secondly, the nursing staff are just incredible; so caring and so incredibly friendly..."

ALISON JANET SOWERSBY

"Initially I chose to stay for just 3 days after my hip replacement surgery. However once I realised the quality of care, the excellent physiotherapy available, I decided to stay for a week. It was THE best thing I could have done. I felt really cared for by the staff, there was always someone available to help me get showered and dressed in the mornings. The staff took care of all the medications I needed. The food was amazing, and delivered to my room three times a day. Though after a while I could go to the dining room if I wanted to..."

CHRIS WATERS

"I stayed at Lynden Hill Clinic for three weeks following a fall where I broke both my femurs. I was in hospital for a week and then transferred to Lynden Hill. The facilities were amazing, more akin to a luxury country hotel where one had two half hour sessions of intensive physiotherapy a day. Both the staff and physiotherapists were amazing, incredibly friendly and helpful and my improvement was superb. I arrived barely able to walk but after three weeks was walking comfortably on crutches and able to climb stairs so that I was able to go home with confidence..."

LINDA COHEN

"I wanted to write to say a huge thank you to all the staff at Lynden Hall who made such an impact on my recovery. I suffered a back fracture following a slip and fall at home and whilst consider myself a young and fit 52 year old, was in no condition to manage at home on discharge from hospital. With the excellent care, nutrition, support and physio from the team, in 10 days I progressed from only being able to transfer from bed to chair to being able to walk a circuit of the grounds. I've continued on this trajectory since leaving you and my spinal consultant comments that my recovery has been 'remarkable'..."

A HOLLAND

"Following a hip replacement I came to help my first week's post operative recovery. The competence, care, kindness and overall friendliness of everyone at the clinic was outstanding. It has definitely made a difference and I feel more comfortable and further along in my progress than I would otherwise have been."

ALEX F

I cannot praise the whole experience highly enough. The Clinic itself, in its beautiful surroundings, is charming. As well as the comfortable, well appointed rooms, the main reception rooms, in particular the dining room and drawing room, greatly enhanced my stay.

The kitchens produced excellent menu choices every day with a delicious range of meals designed to tempt even the most delicate appetite, all beautifully served. Afternoon tea, served in the drawing room, and several times accompanied by a live pianist, was a great treat too..."

DR H S STREETEN

"I just wanted to say how much I appreciated and enjoyed, my week at the clinic. The main purpose, of course, was the intensive course of physiotherapy, but whatever their role in the clinic, I found the staff kind, friendly, and for whom nothing was too much trouble. I should particularly mention the excellent work of the chef and his team; and the gardener, watering during that hot weather to keep the plants looking so good. The physios have given me a good start in getting back to normal, and I cannot thank them highly enough. "

J TATE

"I recently spent a week at Lynden Hill following a full hip replacement. I cannot find the words to express my satisfaction, praise and gratitude to every single member of staff. The facilities are outstanding, the individual care and concern was exceptional, the physios – and I had three different ones – superlative, the food worthy of a Star! Nothing was too much trouble. I could go on. I'm due for a new knee next, so I'll be back. Thank you!"

J TURNER

I went to Lynden Hill to speed my recovery after a knee revision and it was everything they offered. You press a nurse call button and wait no longer than two minutes, you get expert physios twice a day after a truly thorough assessment, you are in relaxing surroundings and actually begin to feel that you were born to live in a magnificent country house surrounded by your own staff and greenery. Patients are relaxed – essential for speeding the recovery – and therefore easy to get on with. The staff are clearly skilled and really do enjoy working there. It is small enough to feel very personal but big enough to be able to recruit the right people..."

DR COLIN ROBINSON

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THE PERFECT ENVIRONMENT FOR RECOVERY

Established in 1993, Lynden Hill Clinic is a unique and tranquil place of healing & recovery. The perfect environment for respite, post-operative rehabilitation, convalescence care and leaders in knee & hip recovery.

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