

2024

Optimising patient outcomes through an evidence-based rehabilitation programme in older patients following a conservatively managed ankle fracture: a service-based improvement project proposal

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Griffiths, D. L. 'Optimising patient outcomes through an evidence-based rehabilitation programme in older patients following a conservatively managed ankle fracture: a service-based improvement project proposal', South West Clinical School Journal, 4 (1).

<https://pearl.plymouth.ac.uk/handle/10026.1/22247>

<https://doi.org/10.24382/4sj3-pc47>

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