

Neuro Rehab Results Newsletter

August 2013

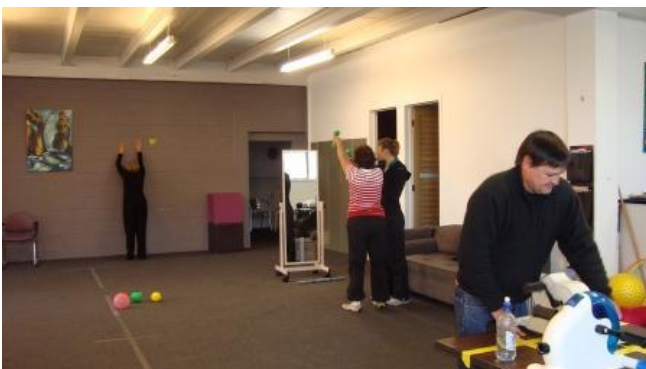
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Arm Clinic: Mondays 1-3pm

Arm clinic continues to be very successful with as many as nine people attending one recent class! As the class has grown, so has the number of therapists that help out with the class; Suzie Mudge, Sarah Mollet (physiotherapists) and Claire Bullock (occupational therapist) regularly help people with their programmes in arm clinic. We've been really fortunate to have some very experienced physiotherapists available to help when we need to call on them. Verna Stavric usually works at AUT in the physiotherapy school and Marie-Claire (MC) Smith is doing her PhD at the University of Auckland and both of them welcome a chance to work with clients.



Another change to arm clinic is the addition of a short massage by Kirsten, our massage therapist, which gives people a short break from the hard work and also Kirsten is able to target one specific area in the arm.

We would like to be able to offer arm clinic on another day each week and we are currently thinking about Thursdays from 1-3pm. If you are interested in attending arm clinic on either day, please contact Sue on 480 6464 to book in.

Massage Voucher: Spring into September

Welcome in Spring with a Massage! Massage relieves pain and tension; improves circulation; relaxes body and mind and alters tone in muscles.

Kirsten from KP Therapeutics is available at Neuro Rehab Results 10.30am-2.00pm every Thursday in September. Come and enjoy one of the following:

- 30 minute massage for only \$25
- 60 minute massage for only \$45 (usually \$60)

Offer available for any Thursday massage sessions in the clinic during September.

Contact Kirsten to make a booking 021 129 4542 or kirstenashby@xtra.co.nz and make sure you mention this voucher.

New class: Balance-Fit

We plan to start another class to improve balance and decrease the risk of falls. Balance-Fit will be offered as a circuit, similar to Move! but open to all who want to decrease their risk of falls. Balance-Fit will run as a course of 6 sessions on Friday afternoons from 1.30-2.30pm, with the first class on 4th October. Balance-Fit will cost \$75 and will include a free assessment. Call Sue (480 6464) to book in for a free assessment to see if you are suitable for the Balance-Fit course.

How has physio helped you?

If you have a story to tell and you are willing to share it with Physiotherapy New Zealand, go to www.physiotherapy.org.nz/myphysiohelpedme and you could win an ipad 4! Entries close 15th November.

Events

An event that you may be interested to know about and/or support is the Bike the Bridge challenge on Sunday 10th November. \$10 from every entry goes to support Multiple Sclerosis Auckland. There are a range of options for entry ranging from 115km to much shorter events for children and families. This is a great chance to be on the bridge but not in a car!

Client Profile: Interview with David Phuah

Can you tell us a little bit about yourself.

I am David and I'm 23 years old. I have two dogs – Boo and Rosie. I am studying a bachelor of business at AUT. I am quick witted and my ego is big as.

Tell us about your therapy experiences (the good and the bad).

Good: nice atmosphere, good therapists, it's nice to have others pushing me.

Bad: It's hard to carry over and integrate into daily living.

What advice would you give someone starting rehabilitation?

Be patient and run away (just kidding!)

You are always pretty busy. Can you tell us about some of your interests.

Poker, boccia, surfing the web.



David (right) playing boccia

Equipment Available:

Did you know that we hold a small stock of equipment at the clinic? If you want to purchase any of the following items, then ask your therapist or Sue about them.

Equipment	Price
Theraband	\$11.50 per metre
Theraputty	\$17.25 per cup
Swiss Ball	\$30.00
Leg Weights (2 kg)	\$28.75
Leg Weights (1 kg)	\$18.00
Electrodes (5 x 5 cm)	\$15.00 for 4
Electrodes (9 x 5 cm)	\$19.00 for 4
Electrodes (3.2cm round)	\$20.00 for 4
Neurotrac Rehab	\$250.00
9V battery	\$5 per battery

Clinic News

We have had a busy period over the last couple of months, with a number of new staff starting and others having holidays (Juliet escaped our winter to the sunny UK!) Anne has been up every two weeks to help cover Juliet's absence, so we have enjoyed seeing Anne more regularly again! Many of you will have noticed that we have quite a new faces at the clinic so we introduce three of our newest therapists to you on page 4.

Suzie was an invited speaker at the Guillain Barré Syndrome Support Group conference in Wellington on April 27th. Her lecture was called 'Rehabilitation and beyond...' and she talked about the guidelines for exercise and activity, while acknowledging the added complexities of being physically active when you live with a disability. There were about 70 people at the conference, most who had experienced Guillain Barré Syndrome or had a family member with it. For more information about Guillain Barré Syndrome, see the Support Group's website: <http://www.gbsnz.org.nz/home>

The next Move! class starts on Wednesday 4th September, 2013, so put that in your diaries. If you have Parkinson's Disease and don't know about this class, call us for more information.

Have you heard about...?

Geoff Caisley has just purchased this trike from <http://trikesnz.co.nz/> and he loves it! He is now riding twice a week. He brought it into the clinic for a demonstration but he couldn't convince anyone else to try it!



And it packs up this small so that it can fit in the boot of a smallish car. It is possible to pack up the trike and assemble the trike with the use of one hand only.



Geoff is really happy for anyone to contact him for a demonstration of if you would like to talk to Geoff about the trike. Please contact Sue at the clinic or you can email us info@neurorehab.co.nz so that we can put you in touch with Geoff.

www.trikesnz.co.nz

Websites and Pages of Interest

Do you check cars parked in mobility spaces for mobility stickers? Well clearly I'm not the only person who does this! Here is a page on facebook where you can send in photos of cars parked without displaying a legitimate mobility permit: <http://www.facebook.com/YouveGotMyCarParkWantMyDisabilityToo/info> The purpose of doing so is to 'shame' people who park in these spaces without need, which incrementally increases overall awareness and respect. There has been one instance I've seen of a courier driver who has apologised profusely after someone posted a photo of his van onto the page.

A website that may also be of interest is the Independent Living Service's blog page: (formally the Disability Resource Centre) <http://www.ilsnz.org/category/blogs/> These blogs cover a range of topics related to mobility, services and the community and give you a chance to have your say should you feel the need!

Another organisation that I am sure many of you will know is Be.Accessible, an organisation whose mission is to enrich the lives of all New Zealanders by inspiring and enabling a 100% accessible society. You can check out their website <http://www.beaccessible.org.nz/> or follow them on facebook <http://www.facebook.com/Be.Accessible> They run a leadership programme for which they are looking for applicants for the 2014 leadership programme, so read all about it and other interesting initiatives on their website.

For those of you who are interested in smart phone apps, FoodSwitch looks like it could be useful if you are interested in nutritional content of food. This app allows you to scan the barcode on the packaging and provides you with a simple traffic light system related to sugar, fat and salt and then suggests healthier options.

Meet Some of Our New Therapists:

Claire Bullock, Occupational Therapist

Although we are sad to say goodbye to Katrina our occupational therapist, we are pleased to welcome Claire Bullock to the team. Claire completed a Bachelor of Health Science (Occupational Therapy) at Auckland University of Technology in 2008. She has worked in both acute and rehabilitative settings at Auckland City hospital. Claire has experience working with a variety of people experiencing conditions including, orthopaedic, vascular, and neurological. Claire believes in the importance of engagement in meaningful occupation to people's health and wellbeing and is passionate about enabling people to participate in their everyday occupations. Claire works Mondays and Tuesdays.



Sarah Mollet, Physiotherapist

We also have another physiotherapist, Sarah Mollet, who has joined our team. Sarah completed her Bachelor of Physiotherapy at Auckland University of Technology in 1995. She is a physiotherapist with a longstanding interest in neurological rehabilitation and has spent the majority of her career working in this area. Sarah has worked with people with stroke, brain injury, multiple sclerosis, Parkinson's disease, cerebral palsy, spinal cord injury and other neurological conditions. She has also worked in paediatrics with children with a variety of neurological and developmental conditions and in older adult mental health. Sarah works on Mondays, Wednesdays and Fridays at the moment.



Sarah Grotrian, Speech Language Therapist

We are also extremely pleased to have Sarah join the team. She completed a Bachelor of Speech Language Therapy at Canterbury University. She has over ten years experience working with people with communication and swallowing disorders following stroke, traumatic brain injury. She has worked in a variety of settings including inpatient acute, outpatient, rehabilitation and community rehabilitation. Sarah is dedicated to achieving the best outcomes to meet functional needs. Sarah has also worked with children in the education setting. Sarah works on Mondays and Thursdays.



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