

Neuro Rehab Results Newsletter

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Classes

Arm clinic continues to be a popular class and Monday from 1-3pm are now an institution! We have run a Thursday arm clinic from time to time, however that is not a regular event yet.



Arm clinic

Move! continues to run in courses of six weeks. Pip has been varying the format to keep it interesting and so in the current course, each class is focussed on improving one functional activity. The last class of this current course will be on Wednesday December 4th. The next Move! course will start up again at the same time (11am-12pm) on Wednesday January 15th, 2014.

In the meantime, **Balance-Fit** will run again one more time before Christmas and so if you usually come to Move! and feel it's too long to wait until January, then why don't you check out the new Balance-Fit class on Fridays 11am-12pm. The final course will start on Friday November 29th and will run through to December 20th. The cost of this particular course will be \$50. Call us if you are interested in any of these classes.

Have you heard about...?

The Cerebral Palsy society has yet another great initiative. Many of you will know about the getPhysical programme, which provides vouchers to members to enable you to maintain or improve your physical ability and fitness. Now they have started the getUpAgain programme to cater for the times when you need to access counselling in order to get up and going again. Details and application forms can be found on their website:

<http://www.cpsociety.org.nz/>

Christmas holidays

The clinic will be closed from December 25 and will open again on Monday January 6th, 2014. We realise that many of you will wish to take longer holidays over this time, so please talk to your therapist or Sue to let us know so we can schedule your appointments accordingly.

Join us to celebrate Christmas!

Join us and the other clients of Neuro Rehab Results for a Christmas afternoon tea on Monday December 16th 2.30-3.30pm.

Please let Sue know if you and your family would like to come.

Phone: 480 6464

Email: sue@neurorehab.co.nz



Client Profile: Interview with Jessica Ryan

Can you tell us a little bit about yourself.

I am Jessie and I like waltzing and listening to my music, but not Momma Mia! I like Pink and the Spice Girls. I like going to the movies, shopping and swimming. I don't like rices or tomatoes.

Tell us about some of the things you do during the week.

I go to PEERS Tuesdays, Wednesdays and Fridays. We work hard at PEERS and on Mondays and Thursdays I go to Neuro Rehab Results and hit the treadmill.

What do you like best about physio?

I get to walk with my harness. I don't like it towards the end – it gets hard. It feels good when I've finished.

You work pretty hard at physio; does anything make it more fun?

Listening to music and doing quoits and getting a lemonade ice block on my way home.



Spotlight on Rehab Techniques:

We thought that we would start a new regular feature to the newsletter with a focus on a different rehabilitation technique.

Today we're going to talk about **Mirror Therapy**, which although is not a new technique, we've recently been using it in Arm Clinic and a few people are also using it at home.

What is it?

Mirror therapy is a form of rehabilitation where a mirror is placed between your arms so that the image of your stronger arm moving gives the illusion of movement of your weaker arm.



How does it work?

There is good evidence that the parts of the brain active during movement are also active during watching the movement in a mirror. This observation in the mirror makes the brain more excitable, however this hasn't been shown in people with stroke yet. A recent review of the studies found that after a course of mirror therapy, the movement of the weak side and also the ability to carry out functional activities improved.

Hung thought our cobbled-together cardboard box was a bit scrappy and so he made us a new one from plywood. It looks and works so much better, thanks Hung! We'd also like to thank CMAKK for the donation of materials (www.cmakk.co.nz).



If you'd like to know more details about a particular treatment, then why don't you suggest it to Suzie for inclusion in the next newsletter?

Geoff's trike part 2

In the last newsletter we had some photos of Geoff's new trike, which he brought into the clinic to show us. But it's not all talk; he participated in the Bike the Bridge event November 10th and here is the proof!



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

Is anyone going to the Attitude Awards on December 3rd? Even if you are not, you can check out the nominees for the People's Choice Award <http://attitudelive.com/awards/2013> and even make a vote for your favourite!

Do you have an opinion about what matters most in the relationship between client and practitioners in neuro rehabilitation? Christine Cummins and Nicola Kayes from AUT are looking for people to participate in a research project looking for your opinion about the 'key ingredients' of this relationship. If you'd like to know more, then we have some information sheets in the clinic. Talk to Suzie if you'd like one.

Changes to the Therapy Team:

It is very exciting that both Juliet and Claire are pregnant, but of course this is sad for us because they will be leaving us. We are hoping they both will be back in the future, but in the mean time we welcome Amy Boreham who has just started.

Amy Boreham, Physiotherapist

Amy completed her Bachelor of Physiotherapy at Auckland University of Technology in 2006. She is a physiotherapist with an interest in neurological rehabilitation who has a background working in the hospital setting primarily with people in their homes post discharge. Amy has experience in a range of physiotherapy disciplines including working with people with stroke, Parkinsons disease, multiple sclerosis, brain injury and spinal cord injury. Amy works three short days a week, and enjoys spending her down time with her children.



If you have an idea for the newsletter or would like to be answer some questions for the client profile, please let Suzie or Sue know. We're always looking for contributions!