

Neuro Rehab Results

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ARM CLINIC

Arm clinic is running regularly on Mondays from 1pm – 3pm (2 hours therapy for 1 hours cost)

If you are interested in attending arm clinic, please contact Sue in the clinic to make a booking.

Clinic News

We have had a challenging couple of months in the clinic with three floods. The first one, just days before Suzie was to go overseas, flooded through to the back office. We had to set up temporary admin offices in the acupuncture room. Our clients were very understanding about the chaos in the gym and we were able to keep the clinic open and operating.

Pip is back with us now having spent two months away in England with the Olympics and then travelling around Europe. She shares about her time away on page 3.

Kirsten Pirie, massage therapist, is starting work in the clinic on Tuesdays from mid October read more about Kirsten further on in the newsletter.

Client Christmas Lunch

This years Christmas Lunch is on Monday, 17 December from 12.00 – 1.00pm. We hope that many current and past clients can join us to have a catch up. Please let Sue know if you plan to attend.



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Getting to know a client....

Charlotte Peirse

Hi, my name is Charlotte Peirse. I've been coming to Neuro Rehab Results now for four and a half years. Pip and Suzie are my regular physios who are part of a great team. I come here twice a week to stretch out prone on my stomach for half an hour, on one of the plinths. After that I'm all floppy which then makes it easier for the physios to give me my lower and upper body stretches. I have Cerebral Palsy, both my arms and legs are affected. By coming to have physio twice a week it enables me to stay fit and healthy and living independently in Point Chevalier. Once a fortnight, I go for a fabulous foot massage in Henderson. By keeping myself physically active, plus eating well. It allows me to try new challenging activities as well as some I haven't achieved since I went to primary school.

It's lovely to be part of a physio clinic that is interested in everyone's daily well-being, achievements and goals. Occasionally during my sessions, there is laughter too which is cool, thank-you so much for helping me to keep living independently, as well as meet really amazing people in the process.

Therapist Spotlight.....

Pip Charlesworth Physiotherapist



The Olympic Games ... my experience

Over the past 18 months I have been working with the NZ sailing team in preparation for London 2012, the biggest sporting event since Beijing. As I reflect on my time spent working with the athletes I find myself relating the athletes' effort, sacrifice, dedication, motivation and involvement of the support team environment to the patients and their families involved in neurological rehabilitation.

The Olympics itself was extremely interesting and an experience I will never forget. Activities in addition to my physiotherapy work included observing different cultures, going through security (bag and body) scans every time we entered our accommodation or the venue and asking one of the many volunteers for assistance.

The hospitality from the English was second to none, the accommodation although felt like a four star prison but became a second home for three weeks. I even started getting accustomed to the high levels of security whereby the navy divers swept the sea waters every morning and undercover policemen seemed to hide around every corner.

For me, the most memorable moment was sitting on top of Tom's (my partner) shoulders, waving the New Zealand flag and screaming at the top of my lungs from the banks of Weymouth as our 470 women crossed the finish line to take out gold. This was followed by the medal ceremony later in the day where the girls received their medals. As the anthem played and the New Zealand flag made its way to the top I experienced an overwhelming feeling of "Patriotic Pride" and delight to be part of something special. We all have our goals, our obstacles, challenges, strengths and 'to work ons', for me, watching the games, the triumphs, the accomplishments and the devastations above all made me aware of the importance of embracing the journey!



Therapist Spotlight.....

Kirsten Pirie Massage Therapist



Kirsten holds Diplomas in Therapeutic Massage and Aromatherapy from Wellpark College and is a Registered Professional Member and Hibiscus Coast Regional Representative of the New Zealand Register of Holistic Aromatherapists.

Kirsten graduated with BEd (Teaching) and taught in primary schools for eight years. After this time, she needed a change so followed her interest in Natural Therapies. She attended Wellpark College and studied both therapeutic massage and aromatherapy.

For the last four years, Kirsten has been working in a spa and doing other private work. Lately, she has developed an interest in working with people with serious injuries, which she developed as a consequence of working with her brother, who lives with constant and debilitating pain after breaking his neck 12 years ago. He finds therapeutic massage especially helpful to relieve back and neck pain.

Kirsten is excited at the prospect of working with people with serious injuries at Neuro Rehab Results. She will initially work one day per week starting in mid-October 2012.

Services that she can offer are relaxation massage, deep tissue massage, sports massage and aromatherapy massage. Relaxation massage is superficial and promotes relaxation to a specific area or the whole body. Deeper massage techniques are used to work on tenderness or tightness of specific muscles and other soft tissues. The use of essential oils in aromatherapy massage can help in a person's healing, wellbeing and pain and/or stress management.

You can contact Kirsten, 021 129 4542, to make an appointment for a massage. The cost of a one hour session is \$60 with discounts available for regular customers.

