



Some of the Neuro Rehab Results team. It's hard to get everyone in one place at one time!

From left to right: Suzie, Pip, Lesley, Sue, Juliet, Anne



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Welcome to our first newsletter

We thought it would be a good idea to produce a regular newsletter to keep everyone up to date with things that are happening in the clinic. Of course we welcome any contributions or ideas! Please talk to any one of our staff if you'd like to be involved or have any suggestions.

New look to our website

Many of you will know that we have recently updated our website. We hope you like the new look and thanks to many of you who let us take photos of you during therapy. We welcome any feedback you may have.

New brochure coming up

Some of you may have seen our brochure when it was first printed at the beginning of the year. On April 24th, we had a photoshoot to get some clearer photographs for the brochure. Thanks to all the staff and clients that willingly gave up their Saturday afternoons to pose. We hope to have our new brochure available in May.

Facebook

Some of you may be aware that Neuro Rehab Results has recently set up a facebook profile. If you search for 'Neuro Rehab Results' you should be able to easily find our page and can click on 'Like this' to regularly get our updates via your live feed on Facebook.

We'd really love your input on our wall. We'd like to record and celebrate successes, either large or small, that you achieve. So we invite you to post stories, photos or even videos that describe your recent accomplishments.

Snack Stand

In an attempt to promote healthier eating choices for staff (mainly!) and clients, we have decided to replace the snack stand with a fruit bowl. We are going to provide the fruit free of charge, but we welcome any contributions, people may wish to make, particularly if you have trees at home.

You can blame Suzie for this change as she has been motivated into action by a public lecture on obesity that she attended at AUT on April 23. It was delivered by Professor Philip James and called "Global change: a major challenge to health". Check out <http://www.voxy.co.nz/person/philip-james> for more information.

Activity Coaching Research Project

What is the purpose of the study?

People with neurological conditions make improvements in walking as it is measured in a physiotherapy clinic, which does not necessarily translate into improved walking in other environments. An Activity Coaching session will be added to standard physiotherapy to try and improve walking in other environments. We will test the Activity Coaching programme for usefulness and effectiveness for improving 'real-world' walking.

Who is able to take part?

- If you are currently receiving physiotherapy with a goal of improving your walking.
- If you have walking difficulties as a result of your condition
- If you have had a stable neurological condition.

Researchers: Suzie Mudge, Caroline Stretton, Kath McPherson, Nicola Kayes, Denise Taylor

Phone: 09 921 9999 X 7096 (Suzie)
09 921 9999 X 8697 (Caroline)

Assisting Therapeutic Relationships in Physiotherapy Research Project

What is the purpose of the study?

We are trying to find out if questionnaires that measure the therapeutic relationship between the therapist and the patient might be useful in a physiotherapy setting.

People are being asked to take part if they meet all the following criteria:

- Have had at least 4 sessions with the same physiotherapist for a particular problem
- Are able and willing to complete questionnaires for the research with support from a researcher
- Will be having their next physiotherapy session within 3-7 days of completing the first questionnaires

Researchers: Jessica Besley, Kath McPherson, Nicola Kayes

Phone: 09 921 9999 X 7309 (Nicola)

Participants wanted for Research Studies

At Neuro Rehab Results, we try and base treatments on up-to-date research. Research cannot take place without testing new treatments with participants. So there are a few studies based at AUT University that are looking for participants. Participation is entirely voluntary, but if you are interested then please read the brief information about the studies on the left.

10 Important Principles for Neuro Rehabilitation

1. **Use it or lose it:** Loss of brain function can occur if it is not used.
2. **Use it and improve it:** Training that drives a specific function of the brain can improve the ability of that particular function.
3. **Specificity:** The type of practice needs to be specific to the improvements you want.
4. **Repetition.** The more practice the better!
5. **Intensity matters:** Practice needs to be suitably challenging.
6. **Time matters:** Different forms of brain change occur at different times.
7. **Salience matters:** training must be important.
8. **Age Matters:** younger people typically have better recovery.
9. **Transference:** training of one function can improve similar functions.
10. **Interference:** training of a function may make learning of other functions more difficult.

Kleim & Jones, 2008, Principles of Experience-dependent neuroal plasticity: Implications for rehabilitation after Brain damage. *Journal of Speech, Language and Hearing Research* 51: S225-239.

Introducing the Bioness

We are excited to be involved with the introduction of the Bioness H200 to New Zealand. Many of you may have used functional electrical stimulation (FES) as part of your rehabilitation. The Bioness H200 is a sophisticated FES unit that is much more user friendly than most of the other units on the market. It is also designed to be used during functional activities of the arm and so has a really nice feature that allows you to use an open hand, grasp and hold and then release in sequence.

The Bioness is designed to be used as part of your rehabilitation; either physiotherapy or occupational therapy. It is designed for easy use at home, with a range of exercise and functional programmes that can be customized for each individual. Usually at least 12 therapy sessions are recommended in order to progress the usage of the Bioness H200. If you are interested in more information, please talk to Suzie at Neuro Rehab Results regarding the Bioness training

The Bioness can either be rented or purchased from Surgical Synergies. You can contact Sharon Rudkin from Surgical Synergies directly regarding rental or purchase or there are leaflets available at the clinic. Sharon's phone number is 021 819 922 or you can email her at srudkin@surgicalsynergies.co.nz. More information about the Bioness can be found at www.bioness.com.

Surgical Synergies also have the Bioness L300 foot system available, which we will discuss in our next newsletter.



Mobility Dogs - 'unleashing life!'

The Mobility Assistance Dogs Trust (Mobility Dogs) is a registered charitable trust with the mission:

"to enhance the lives of people living with long term physical disabilities by providing mobility dogs to increase independence, confidence, self-esteem and participation in New Zealand communities"

Mobility dogs are trained in special tasks to functionally assist people living with physical disabilities such as: retrieving dropped items, opening doors, refrigerators, cupboards and drawers, pressing lift and pedestrian crossing buttons, paying for purchases across the counter, taking shoes and socks off, turning on lights, loading/unloading washing machines, barking for help and more depending on the recipient's needs. Alongside providing assistance with everyday tasks, mobility dogs offer companionship, an increased feeling of safety and are a wonderful ice breaker when meeting the public.

Currently there are 21 Mobility Dogs working teams. The recipients have a range of physical disabilities including cerebral palsy, muscular dystrophy, multiple sclerosis, stroke, spinal cord injury and span a wide age band from teenagers through to retirees.

Mobility Dogs is presently working with ACC National Serious Injury Service teams from Albany, Manukau and Hamilton. A contract with ACC will provide 20 mobility dogs placed with approved ACC clients, based in this greater Auckland region, over the next two years.

Speak to Suzie for further information or check their website, www.mobilitydogs.co.nz