

Neuro Rehab Results Newsletter

April 11, 2011

Vol. 2, issue 2



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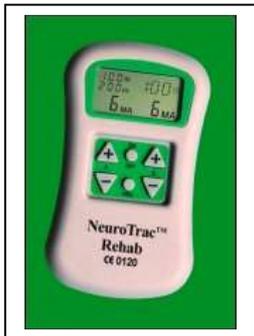
What's been happening?

Finally the road works have been completed outside the clinic, we have tar sealed parking spaces and things have returned to normal! We would like to thank everyone for their patience throughout this whole process.

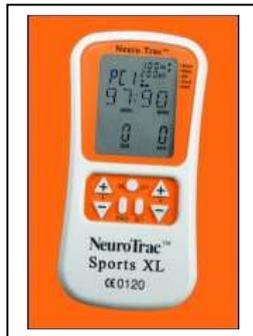
We just finished another successful block of arm clinic. Based on your feedback we plan to offer a regular arm clinic session once a week. This will start on 20 June and run every Monday, 1pm – 3pm. If you are interested in attending arm clinic, please contact Sue in the clinic to make a booking.

Items for Sale

You may not have realized, but we sell a small range of items onsite which are available at reasonable prices for clients to purchase. All prices include GST.



*NeuroTrac Rehab –
2 channel unit with
hand trigger*



*NeuroTrac Sports –
4 channel unit.*

Theraband	\$11.50 per metre
Theraputty	\$17.25 per cup
Swiss Ball	\$30.00
Adjustable Leg weights – 2kg	\$28.75 per pair
Electrodes 5cm x 5cm	\$20.00 per pack
Electrodes 9cm x 5cm	\$24.00 per pack

FES Units:

Neurotrac Rehab	\$250.00 + \$10.00 Freight
Neurotrac Sports (4 channel)	\$285.00 + \$10.00 Freight

If you are interested in purchasing any of these products, please talk to Sue when you come in to the clinic or call the office on 480 6464.

If you have specific equipment requests, please talk to your therapist, as we may be able to assist you in sourcing other equipment.

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Getting to know a client... Jim Davies.

How long have you been coming to Neuro Rehab?

I had my stroke in April 2009. I started coming to Neuro Rehab in January 2010.

Since starting at the clinic, have you seen any improvements, and what do you still want to work on?

When I first came to the clinic, I could not walk. The improvements have been ten-fold. I can now walk with support between the parallel bars, on the treadmill with support, and I have just started practicing walking on the stairs. I want to continue to improve my walking, and I am sure I will. You have to maintain faith, and a positive attitude about things. Sometimes I have hard days, but I can look around and see that I am actually pretty well off. The care, love and affection that the therapists show is above and beyond the call of duty and is a great help.

You went on a recent fishing trip, can you tell us about the highlights of that trip?

It was one of the most uplifting and exciting days I have had in a long time. My son and three of his mates lifted me into the boat and I was ready to go. It was a great thrill to catch a fish again and wind it in. We used to do a terrific amount of fishing. It was a fantastic father and son time.



What is FES?

You may have heard your therapist talk about FES, and have wondered what it actually is and how it works.

Muscles normally work as a result of an electrical impulse which originates in the brain. When there is a neurological injury, the pathway from the brain to the muscle does not work properly. Electrical stimulation can be applied directly to the nerve or muscle to stimulate a muscle contraction, which can then be included in a functional movement like standing, walking, or reaching. This is why it is called functional electrical stimulation (FES). In certain cases, an electrical stimulator can be left on the body to stimulate desirable movements when needed, for example during walking or to prevent shoulder drop.

Electrical stimulation can be used as part of the therapy session. Alternatively (or in addition) a training programme can be set up to be carried out at home. We recommend that the programme is progressed at regular intervals. FES may be used in a programme to strengthen muscles, improve endurance of a muscle, maintain or improve range of movement, facilitate and re-educate function, temporarily prevent muscle spasm or stiffness and manage acute or chronic swelling.

FES may be suitable for people with:

Stroke *Traumatic brain injury*
Spinal cord injury *Multiple sclerosis*
Cerebral palsy

Talk with your therapist about whether or not FES would be suitable for you, or call Neuro Rehab Results for further information.

Useful Websites

www.ineedmoretime.com

Tips and info on time management.

www.brain-injury.org.nz

The Brain Injury Association of NZ support, advocacy, information and education.

www.carecraft.co.nz

Designer and manufacturer of aids to assist with mobility and independence.

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What Paula Has Been Up To

Disabled sailing and the classification process for sailors: Update from Paula's course.

In January 2011, Paula travelled to Miami to participate in a classification course for Disabled Sailing funded by Paralympics NZ. The Course was run by the International Federation of Disabled Sailing (IFDS) and coincided with the World Cup Olympic Class Regatta held in Miami. The purpose of the seminar was to train participants to be qualified to classify disabled sailors at a national level.

Classification itself is simply a structure for competition that ensures that competition across disabled athletes, either in individual or team sport, is fair and equal. Classification is like weightlifting where athletes are categorized by weight classes. For disabled sports, athletes are grouped in classes defined by the degree of function.

A person's classification class is determined by a variety of processes that may include a physical and technical assessment and observation in and out of competition. Classification for disabled sailing is determined by a bench test to assess their strength, range of motion and coordination. A dock test on a three person keelboat is sometimes used, which involves assessing a person through five common sailing tasks. These include; use of the tiller, ability to sheet, cleat and transfer from side to side in the boat, and hiking capability. Observation of the athlete on the first day of racing on the water may be required to confirm their status.

Disabled sailing is open to people with a variety of disabilities such as cerebral palsy, amputation, blindness/visual impairment and spinal cord injury. At an international level athletes compete in three boat classes: The Single-Person, Two-Person Keelboat (Skud) and Three-Person Keelboats (Sonar).



If you are interested in disabled sailing please ask Paula more about this sport or contact:

Sailability Auckland, Sailing Co-Coordinator Tim Dempsey – 09 834 0557 or 027 305 1835

Or

Parafed Auckland 09 270-2503