

Neuro Rehab Results Newsletter

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A new feature on our website

We've got a new page on our website called 'Stories'. This is a place to share your stories of rehabilitation and recovery, which can include successes that you have had along the way, but is also a place to talk about the challenges that you have faced. Garry's story, featured in this newsletter, is our first story. If you would like to share your story, please contact Suzie (suzie@neurorehab.co.nz).

Brain Awareness Week:

A free public lecture about prevention, intervention, management and treatment of neurodevelopmental disorders is scheduled for Tuesday 15 March 6.00-7.30pm at Auckland Grammar School, 23 Mountain Rd, Epsom. This event is sponsored by the Neurological Foundation and will include a panel discussion. If you would like more information about the event, including registration details, have a look at <http://bit.ly/1XTWyno>

The logo for Neuro Rehab Results is located in a dark blue rectangular box. It features the text "Neuro Rehab Results" in white, with a yellow circle and a horizontal line extending to the right from the end of the text.

Neuro Rehab Results

Changes to the Therapy Team:

Fortunately we have all the same therapists that we had when I wrote our last newsletter, but we are very pleased to welcome Claire Bullock back to our team as an occupational therapist next month. Some of you will remember Claire, who has been on maternity leave for the past two years. Now that her young son is starting daycare, she is going to be working on Tuesdays.

Weekly Classes at the Clinic:

We run four classes a week:

1. Arm clinic is run twice a week; Mondays 1-3pm and Thursdays 1-3pm and gives you extra practice of arm tasks and exercise. You can attend one or both. The cost is \$100 for a 2 hour session.
2. Move! is a course of six sessions that run on Wednesdays 11am-12pm designed specifically for people with Parkinson's disease. Cost is \$80 for 6 sessions
3. Balance-Fit is a course of six sessions that run on Fridays 11am-12pm designed to improve balance, confidence and fitness for people who are at risk of falls. Cost is \$80 for 6 sessions.

We are fortunate to have a new group of AUT physio students to help with these classes.

If you want to know if these classes would be suitable for you, please talk to your therapist or have a look at our website:

<http://neurorehab.co.nz/therapy/>

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

Client Profile: Garry Redshaw

Eighteen months ago, I was discharged from the Auckland Spinal Unit, still barely able to move following a fall from a ladder while doing some house maintenance six months before.

I had an incomplete spinal cord injury affecting C4 to T1.

I was 72 at that time and had had a fairly eventful life as a NZ Police officer for 25 years, also involved in Search & Rescue, Armed Offenders Squad and covert operations, and for the last 23 years as an Investigator, Auditor, Snake Handler, Prosecutor, Intelligence Analyst for MPI.

While lying in bed in a motel unit, after discharge, waiting for my house modifications and wondering what the future held, I was visited by Dr Suzie Mudge who pulled me out of the bed, got me to my feet, and told me that she would get me walking again.

Another challenge! And it worked, thanks to all the therapists at Neuro Rehab Results who worked with me towards this: Suzie, Juliet, Todd, Pip, Amy and for the last eleven months, Sam; I can now support my own weight and walk the length of the clinic using a gutter frame.

Onwards!



Imagine a world where every person, building and community is truly accessible. That world is what Be. Accessible has set out to create.

Be. Accessible is a New Zealand social change initiative and a holistic framework for accessibility with a mission to create a truly accessible country.

Be Accessible is managed by the Be. Institute, a social enterprise that aims to work across all sectors and communities in NZ. The belief is that every person has their part to play in the creation of accessibility regardless of how big or small the change.

Be. Accessible has a number of initiatives including:

- Be. Welcome
- Be. Leadership
- Be. Employed

Their website www.beaccessible.org.nz is rich in information including some questions for business to use to self-appraise how accessible their facility and services are.

Spotlight on Rehab Techniques:

FES cycles

What are they?

FES cycles are powered by a motor as well as muscles that are assisted to work using functional electrical stimulation (FES). Electrical stimulation has many therapy uses and we often use it to assist movement during a therapy session. In this situation the major muscles of the legs and trunk muscles are stimulated in a way that coordinates with the action of the cycle. The cycle that we have on loan in the clinic can be used for the legs or for the arms.

How does it work?

The electrical stimulation makes or helps your muscles contract so that they turn the crank. The idea is that you work your active muscles and then the electrical stimulation will help with this and also contract other muscles that are not contracting. All this will improve your circulation and you will get a cardiovascular training effect, which is useful to improve or maintain your health over your life. Some people also get other benefits of more active movement as a consequence of all the electrical stimulation that you will receive during cycling.

Where can it be used?

As well as training in a clinic, the cycle is also designed to be used at home, so once it has been set up for you, then it is very quick and easy to get attached and exercise at home.

Tell me more about the features.

The cycle comes with a computerised display that provides feedback on your speed, your symmetry, the resistance amongst a few more technical features.

One unique feature of this system is the online support from Restorative Therapies, who can help modify your programme if needed. They also record all your sessions and send you weekly reports of your progress.



This is the specific model that we are using, which is called the RT 300. We are extremely fortunate to have it in the clinic courtesy of Shanon Arnold from the Mobility Solution Centre in Dunedin. <http://www.mobilitysolutionscentre.co.nz/therapy-and-special-products.html>

Is there any more information?

Have a look at www.restorative-therapies.com for more details. You can also talk to Amy, Sam or Suzie to see if it is suitable for you.

Research Project: Rex

What is Rex?

Rex is a robotic exoskeleton designed in New Zealand to assist people to walk. It is self-supporting, so allows the use of your hands and arms while you remain stable and balanced within the REX.



What is aim of this study?

To assess the practicality and safety of doing exercise in the REX bionic in a controlled clinical environment.

What will happen?

Participants will walk in the REX bionic device and also do some arm exercises while standing in the REX. This will be followed by questionnaires asking about your experiences of using the device.

Who can participate?

People with spinal cord injury (C4-L5) who routinely use a wheelchair.

Who should I contact?

Nada Signal, Principal Investigator, AUT University; nada.signal@aut.ac.nz 021 929144



What is this study about?

Research has shown that people living with a neurological condition benefit from support to better manage their condition, and that they have ongoing social support needs which are not always met. We also know that communication between people living with a neurological condition and their healthcare providers could be improved.

Based on the information participants in this study have given us so far, we have developed a **Living Well Toolkit** to help address these issues. The toolkit is a simple and practical tool for health care providers and people living with a neurological conditions, their whānau/family and carers.

How can I help?

We would like you to be part of our test team and give us feedback on what it is like to use the toolkit. For example: was it easy to use? What are the good things about it? What needs improving? Was it useful to you? These are important things to know before we roll it out more widely.

What are the criteria?

- People with long term neurological conditions, 18 years or over
- Whānau/family/carers of people who have signed up to try the toolkit

Who should I contact?

If you want to take part or would like to know more you can contact:

- Ann Sezier, Research Officer, AUT University; ann.sezier@aut.ac.nz or 921 9999 X 7029
- Suzie Mudge, Principal Investigator, AUT University; suzie.mudge@aut.ac.nz or talk to her when you see her in the clinic