

NEURO LINK

MARCH 2016



A MESSAGE FROM KATIE!

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Well 2016 is flying by, it's hard to believe that we are nearly at the end of March! It's been a busy start to the year with some new faces around the practice. Both Jenny and Catherine have proven to be a great addition, their desire to be the best for their patients, be part of the team and share learning makes them a perfect fit at NRG.

The rooms have been buzzing with activity as the group exercise program starts to take shape. The Parkinson's group has been a fantastic chance for people to get together as well as move and exercises on mass. I'm not sure if the fellas enjoy the movement or the catch up coffee afterwards more but it's all great fun! Brittany's fitness group is also a hype of activity and it's hard not to start tapping my toe to the beat with the latest tunes drifting out of the gym!

The exciting news is that this is our 30th year, it was 1986 when Sue Vincent and Ann Booth had a vision and started the first ever neurological private practice in Melbourne. At the time they practiced out of Melbourne Physiotherapy Group's rooms in Windsor. They had a vision of having a patient focused practice that listened to patient aspirations and provided an opportunity to work towards achieving them. To this day we are still closely linked with Melbourne Physiotherapy Pilates and Fitness Group working out of there three days a week. We carry on with the same patient driven vision and as professionals and a team push ourselves to ask can we do more? Is there something else that we can offer? It is a great milestone and one that should be celebrated later in the year so watch this space!

All in all it has been a great start to the year, with lots of bubbly enthusiastic people floating around its hard not to love what we do.

Until next time, Cheers

Katie Davies
Practice Principal & Senior Clinician



ABOUT OUR PRACTICE

NEW GROUP EXERCISE CLASSES!!!

To contact us:
☎ 9803 7755
physio@neurorehab.com.au

Our rooms are at:
Mount Waverley
205-211 Forster Road
Mon - Fri 9am - 5:30pm

St Kilda
201 Fitzroy St
Mon & Tues 9am - 1pm
Thurs 1pm - 5pm

Templestowe
1 Hawtin St
Mon 1pm - 5:30pm
Wed 9am - 1pm

Our website is:
www.neurorehab.com.au

Neurological Rehabilitation Group is proud to offer our clients a range of group exercise classes in 2016. Attending a group class run by NRG provides an opportunity to access the clinical expertise of our therapists in a different setting. The classes are a great way to participate in an appropriate and individualized program in a fun, social and supervised environment! If you would enjoy your exercises changing from week to week and being able to make use of a variety of equipment then one of our group exercise classes could be just what you have been looking for!

We currently run a general fitness class for neurological conditions, balance class, group exercise for Parkinson's Disease as well as a non-clinical dance class that is suitable for clients of any ability. These classes have been well received and we are in the process of generating additional sessions run throughout the week.

If you are interested in any of our classes, please speak to your therapist or contact us on 9803 7755 for more information. We look forward to working together to increase your level of activity and towards your personal goals :)

Why Is It Good To Exercise In A Group?

Exercising in a group has many more benefits than just improving physical performance. People who participate in group exercise report things like:



Midtgaard 2006,
Lindelof 2001,
O'Donovan 2015

HELLO & GOODBYE!

A bittersweet start to 2016 at Neurological Rehabilitation Group with the team having to say goodbye to one but a warm hello to two new members! Physiotherapist Sherry Michaels has left the practice to pursue further study in international relations. Sherry is passionate about human rights and is heavily involved in the community through her church. We wish her all the best in her studies and hope to cross paths again someday!

They say that as one door closes another one opens and in 2016 we welcome 2 new physiotherapists to NRG. Jenny and Catherine have officially joined the team and we look forward to working with them both. Jenny joins us from a background in community rehabilitation and will be part-time as she furthers her studies in Clinical Rehabilitation through Flinders University. Jenny has a passion for client-centred care and believes patient education is an integral part of any rehabilitation program.

Catherine developed an interest in neurology soon after graduation and pursued this interest overseas in London at a number of leading hospitals. On her return to Australia Catherine worked in rehabilitation for stroke and Parkinson's disease before completing a Masters of Neurological Physiotherapy in 2013. Catherine's commitment to ongoing learning is driven by a desire to provide expert care to her clients and to assist them in achieving the best possible results.



PAUSE 4 PARKINSON'S!

Monday April 11th 2016 is World Parkinson's Day on which everyday Australians are encouraged to unite in raising awareness and funds for Parkinson's research. There are over 70,000 Australians living with Parkinson's disease. Neurological Rehabilitation Group is a registered corporate partner of Pause 4 Parkinson's in 2016 and will be showing support by hosting a **Pause 4 Parkinson's** afternoon tea. The fundraising afternoon tea will be held from 2pm—3pm in Suite 8 on level 3, 205-211 Forster Road, Mount Waverley 3149. We invite all clients, carers, family & friends to come along and show their support in the form of a gold coin donation. We have also organised a number of items to go under the hammer in a **FUN**draising auction with all proceeds go to the Shake It Up foundation with 100% of contributions directed into research. Please visit <https://shakeitup.org.au/> for more details!



NRG DISABILITY SERVICES

Neurological Rehabilitation Group is passionate about providing support to both our individual clients and to the community as a whole. Some of you may be familiar with longstanding community disability centres such as Bayley House and WATCH (Waverley Adult Training Centre for Intellectually Handicapped Persons). These centres provide adults with intellectual disabilities an opportunity to develop new skills, share experiences and participate in a range of activities. Like NRG these day centres take a person centred approach to their program delivery and services offered. This common interest led NRG to become involved with these facilities, providing physiotherapy input and other health-related support services. Physiotherapists and Allied Health Assistants have been running a physiotherapy program at Bayley House 4 days per week for over 10 years now. General Manager Penny Scott believes that “the care and attention to detail given by the NRG staff is helping many individuals at Bayley House to maintain optimum health and wellbeing. The physiotherapy program is making such a difference to people’s mobility which ultimately dictates a level of independence; and they have assisted our service to support people with the utmost dignity through person centred practice and the use of supportive equipment that is professionally matched to an individual’s needs.” In early 2015 WATCH approached NRG for a similar in-house physiotherapy program and continue to benefit from weekly input from NRG staff.

