

NEURO LINK

JULY 2016



A MESSAGE FROM KATIE!

IN THIS ISSUE

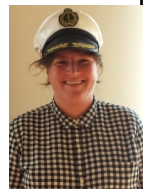
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Well we have just passed the middle of the year and what a great 6 months it has been at NRG! In the past 12 months we have grown by 10% with respect to patients and staff which is really exciting. More staff equals more minds, more ideas and more enthusiasm! This year has seen us support not only clients in Melbourne but people further afield who visited Melbourne and Neuro Rehab Group for intensive targeted rehabilitation. Clients have travelled from overseas and interstate to benefit from the service we provide and have participated in a daily package of physio, groups, exercise physiology and physio assistant sessions. Treatments have ranged from a two week stint to two months. Providing this service has been a real team effort with many hands and minds making light work and it has been great to witness some fantastic progress from the intense burst of input.

We have recently purchased ourselves an end of financial year present. Georgia and Tara have been campaigning for a Pilates reformer and we have decided to bite the bullet and get a lovely rehabilitation reformer which is built off the ground to accommodate neuro clients. We are expecting delivery this week and can't wait to get our patients on it and explore new ways to target trunk & core muscles which are so important in our daily function.

It's a busy time at the moment with staff reviewing their objectives from last year and setting new goals for the year to come. Setting of objectives is an important aspect of our practice to ensure that individually and as a team we set targets for improving our skills and directing our professional development. I'm looking forward to reflecting on achievements and considering how we are going to develop in the near future. To accompany this we will be closing the practice on the afternoon of the 16th of August to hold a planning day where as a team we will be discussing ways to optimise the patient journey and the service we provide. Of course as always my door is open to any feedback from the wider NRG community. I hope everyone is staying warm this winter and I look forward to seeing you soon.

Katie Davies - Practice Principal & Senior Clinician



ABOUT OUR PRACTICE

"MOVE TO THE MUSIC"

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

Our rooms are at:
Mount Waverley
Suite 8, Level 3
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

A trial, "Move to the Music" looking at the effect of music to cue movement in people with Alzheimer's Disease and Progressive Supranuclear Palsy is being conducted by Dr Joanne Wittwer from La Trobe University. Dr Susie Morris is involved in carrying out the intervention treatment which involves completing a variety of movements involving the legs and arms to a background of music which has been identified to match each participant's ideal movement speed. Each participant completes 4 weeks of therapy and there are a number of assessments taken before and after to measure if it has been effective in bringing about Improvements in the participants regularity and speed of their walking. The trial is being funded by Parkinson's Victoria and it is hoped that the results will be completed early next year. We will keep you updated!



facebook

In an attempt to keep up with the times, expand our reach and engage with generation x, y, z or whatever we are up to, Neuro Rehab Group has gone viral! Some of you may already be aware that NRG's website

has had a facelift, reflecting our rebranding and promoting our new home, equipment and services. Now on Facebook as "Neurological Rehabilitation Group" we hope to use the page to keep clients updated with practice news & events. So to stay in touch and up to date please log on, like our page, and help us spread the word :)



WELCOME & WELCOME BACK!



Neurological Rehabilitation Group are very excited to welcome back physiotherapist Georgia Caldwell. After taking some time off to welcome her second bundle of joy into the world, she has decided she can't stay away any longer! Georgia will be gracing us with her presence and expertise every Thursday. Please join us in welcoming her back :)

We also happily welcome a new allied health assistant to the team with Tegan coming on board.

Tegan completed her Bachelor of Exercise and Sports Science at Deakin University before continuing on to study Masters of Clinical Exercise Physiology. Through her studies, placements & work as a Personal Trainer she developed a passion for neurological rehabilitation and the role exercise can play in improving one's quality of life. Tegan enjoys assisting clients to achieve their goals in a caring and positive environment and believes Neurological Rehabilitation Group provides her with that opportunity.



NEWSFLASH!

This just in; Neurological Rehabilitation Group may be looking to welcome an Occupational Therapist on board very soon. Watch this space for more details very soon!

RAIN, HAIL OR SHINE!



GRAYDEN GOES THE DISTANCE!

One of our hard working and motivated clients Grayden Moore is taking the first step towards his goal of completing a 5km event by registering for Run Melbourne. Neurological Rehabilitation Group is showing support by joining Grayden on July 24th and would like to extend the invitation to the wider NRG community. Visit the Run Melbourne website and join our team "Neuro Rehab Group" for an inspirational & active day out!



Sunday June 5th was the annual MS walk + fun run around Albert Park Lake. The team at Neuro Rehab Group braved the miserable weather for 2, never-ending, laps of the lake to raise money and support for Australians living with Multiple Sclerosis. Leaving no man behind, the team completed the 10 kms together and celebrated with a well earned brunch soon after. Honorable mention goes to Annie, NRG's therapy dog and mascot, who is not pictured but led the way on the day. Big thank you to all who donated online and in-rooms, we appreciate your contributions to such a great cause!

A WALK IN THE PARK

Anyone would think all we do is exercise around here! *A walk in the park* is your chance to celebrate and support people living with Parkinson's. Held on Sunday 28th August at 11am the leisurely, non-competitive walk departs



from Federation Square. Taking place along the banks of the picturesque Yarra River the event brings together people from all walks of life - those living with Parkinson's, their family and carers, and health professionals. More information about the walk, and how to register can be found at melbourne.parkinsonswalk.com.au