

NEURO LINK

OCTOBER 2016



A MESSAGE FROM KATIE!

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It's an exciting time at Neurological Rehabilitation Group at the moment and the place is absolutely buzzing! We are busy making plans for the big 30th celebration in November which has been a fantastic opportunity to link in with NRG founder's Sue Vincent and Ann Booth. Together we have reflected on how it all unfolded back in 1986 and just how far the practice has come. Developing a time line of achievements & milestones that the practice has accomplished over the years has been incredible and something that I look forward to sharing with you all. I hope to see many of our friends, including you, at the celebration evening on the 10th of November.

Another exciting piece of news that I have been itching to share for some time now is that NRG will soon be welcoming an Occupational Therapist into our growing team. I am excited at the idea of continuing to develop our multidisciplinary team and be able to offer our valued clients a holistic approach to their rehabilitation. Stay tuned for more information on this in the next edition!

Katie Davies
Practice Principal & Senior Clinician



ABOUT OUR PRACTICE

MENTORING MELISSA

To contact us:
☎ 9803 7755
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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

NRG can also be found on Facebook! Search for us "Neurological Rehabilitation Group"

At NRG we are passionate about the professional development of not only our staff but also of future physiotherapists. We believe it is important to give back and pass on valuable practical experience to the therapists of tomorrow. Having just completed a four week practicum with us we asked final year student Melissa to reflect on her time with us and the greater NRG community. Here is what she had to say:

*Dear Neurological Rehabilitation Group,
Thank you for mentoring me throughout my journey as a physiotherapy student. Each and every one of you were passionate, committed and helpful as I learnt more about neurological physiotherapy. Placement at NRG provided opportunities for me to experience conditions that I have never seen, such as acquired brain injury clients, multiple sclerosis, post-polio and many more.*

Placement with your team gave me the chance to experience a variety of community-based rehabilitation settings, to work closely with client's families and also along-side other members of your multidisciplinary team. These experiences showed me the positive influence that family, community and teamwork can all have on a client's journey and recovery.

For me personally it was the opportunity to learn in an open environment with more than one physiotherapist that I found most influential. This allowed me to learn a variety of techniques and observe the different therapy approaches of each individual physiotherapist. Overall, I am thankful for the placement opportunity and to have learnt from such experienced leaders in the field of neurological rehabilitation.

*Thank you!
Melissa*



NRG TURN'S 30 & YOU'RE INVITED!!!

30 Years of Neurological Rehabilitation Group!

Katie Davies, Sue Vincent & Ann Booth along with the whole NRG team invite you to celebrate.

Join us for a catch up, drinks & canapés 5–8pm Thursday 10th November 2016

Suite 8, 205-211 Forster Road, Mount Waverley 3149

Please RSVP to physio@neurorehab.com.au

or on 9803 7755 by 28 October

Q&A WITH AMY ABOUT DEVELOPMENT IN DARWIN!

Senior physio Amy Blencowe recently escaped Melbourne winter to attend a week long Advanced Bobath course in tropical Darwin. Read on as we quiz her to find out more!

What was Darwin like?

I hadn't been to Darwin before and definitely can't complain about the opportunity to escape wintry Melbourne for a week. I had some unique NT experiences including a visit to Litchfield National Park, Territory Day and a trip to the local rodeo! Darwin is a very different place to Melbourne and I found it really interesting speaking with therapists at the hospital about the challenges they face working in a resource-poor setting. The health service is quite stretched and the discharge planning challenges are immense when trying to organise for someone to return to a remote community with limited options for ongoing rehabilitation.



What exactly is the Bobath concept?

The Bobath concept has evolved over 50 years and is defined as "a problem-solving approach to the assessment and treatment of individuals with disturbances of function, movement and postural control due to a lesion of the central nervous system" (IBITA 1996). Current practice is based on up-to-date knowledge of biomechanics, motor control, motor learning and neuroplasticity, as well as the experience of expert clinicians. The aim is always to work towards achievement of normal movement patterns rather than encouraging compensation. The courses focus on developing excellent movement analysis skills and use of appropriate sensory cues to facilitate movement.

What does it mean to be advanced?

Bobath training is completed as a basic three week course that comprehensively covers assessment, clinical reasoning and treatment approaches for neurological injury. Clinicians can then go on to complete a week-long Advanced Course which focusses on one aspect of the Bobath Concept. This advanced course was specifically on rehabilitation of clients with damage to the cerebellum, which has a vital role in movement control. Individuals with damage to their cerebellum present differently from people with damage to the other parts of the brain and can experience difficulty with coordination, balance and vision.



How many people were on the course and how was it structured?

There were six people on the course - four physios (including myself) and two occupational therapists. Due to the small number I received lots of direct feedback from the tutor which was an invaluable experience. The practical nature of the course meant we were able to perform assessment and treatment techniques on each other as well as having the opportunity to work with a patient, providing a great opportunity to develop clinical reasoning skills.

What have you taken away from the course & how will it change your practice or the practice of NRG?

The course allowed me to be more specific in my assessment and also more aware of subtle alterations to posture & movement. It was an excellent opportunity to have an expert critique my handling skills and provide feedback. I now have a diversified treatment approach to more complex patient presentations and will consider utilising different postures in order to achieve the desired treatment goal. Since completing the course I have been putting my newly acquired skills to use and participating in joint sessions with other therapists. We will also explore some of the techniques in our NRG staff 'handling workshops' where we practice & refine our handling skills.