



Therapy Professionals Ltd

Autumn 2021

In this issue:

Page 2:

Staff Profile – Charleen Chan

Handwriting is crucial for development

Page 3:

Footwear matters

Nail trimming

Page 4

Seating people comfortably

I hope you have been enjoying the Indian summer we are having and have stored up some vitamin D for the winter months ahead.

Facebook page

<https://www.facebook.com/Therapy-Professionals-Ltd-103209331468321>

Web site information Page

<https://www.therapyprofessionals.co.nz/information-and-handy-hints.html>

We regularly post anything related to health and disability on our Facebook page and website information page.

Check them out - you may find something useful.

Covid-19

Covid-19 restrictions have not disrupted our ability to deliver services this year. Hopefully that will continue.

Services wherever people live, work, play or learn

Physio, Speech Language, Music, and Occupational Therapies and Dietetics.

These services can *make lives better* for the elderly, adults, youngsters and children with disabilities.

For **organisations** we offer:

- regular or casual Physio, Speech language, Music and Occupational Therapy and Dietetics
- Physiotherapy ACC
- staff training on a number of topics including manual handling, dysphagia, taking exercise classes and falls prevention
- activity and menu reviews
- supervision of physiotherapy assistants and activities personnel
-

For **private individuals**:

- you don't have to wait for the public health service if you need help now
- you don't need a referral from a health professional
- services include a brief consultation or advice, assessment and treatment.

Our fees are competitive and we can arrange payment over time if required.

We are 100% Christchurch owned and operated!

Staff Profile Charleen Chan

Charleen studied at the University of Otago graduating in 2004. Most of her clinical experience has been in musculoskeletal community clinics.

She is now exploring other areas of physiotherapy. Charleen is primarily interested in helping and empowering people to achieve what they want whether it be improving or maintaining their current level of function and physical activity. Charleen is a mother of three and loves being active.



Handwriting is Crucial for Development

Today with technology we increasingly use typing in place of handwriting. Although typing and technology are useful tools handwriting has many benefits. According to research three areas of the brain light up in a highly coordinated way when a person is handwriting and no such activity is observed with typing.

Handwriting is a complex process, which involves:

- quickly transferring a thought into words
- accessing memory to choose the correct letters that make up a word (symbols)
- holding and directing the pen
- feeling the page and coordinating eyes to form the letters on the page

The physical act of handwriting helps improve:

- reading and writing
- reading comprehension
- memory and recall
- critical thinking and conceptual development
- creativity
- calming the body and nerve ends
- managing depression and anxiety
- problem solving
- organising and processing information
- focusing on tasks

The underlining cause of hand writing difficulties, may include problems with:

- fine motor weakness or weak hands
- poor co-ordination between hands
- poor core muscle strength or posture control
- poor eye hand co-ordination
- poor processing of their senses



These functions are necessary for many other life skills and activities, eg tying shoe laces, using a knife and fork, dressing and grooming.

For more information:

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/handwriting_is_crucial_for_development.pdf

Footwear Matters

Poor footwear can cause foot, back and knee pain, and discomfort from corns, calluses and fungal infections. High heels and sloppy fitting shoes can affect our balance and walking, making us prone to falls. Any of these make us less inclined to walk affecting our health, wellbeing and independence.

As we age our feet change shape and become larger so it's important to get your feet re-sized when you are buying new shoes. Here are some tips on buying shoes:

The essential components of good shoes are they:

- fit well
- help the wearer stand and move comfortably and safely
- maximise stability
- protect the feet and keep them warm without overheating them
- are easy to put on and take off, fasten and unfasten
- suit the person's lifestyle

For more information on choosing good footwear follow this link

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/footwear_matters_.pdf

Nail Trimming Service

Over the past 18 months we've been offering an affordable nail trimming service to the elderly and disabled who struggle to cut their own nails. This has been well received and we run monthly clinics

- **Spreydon** - monthly on a Thursday afternoon
- **Sydenham** – monthly on a Tuesday morning
- **Hornby** – monthly on a Tuesday
- **Diamond Harbour** – 2 monthly on a Wednesday

To find out more and to make an appointment contact us at Therapy Professionals.

Ph: 03 3775280
Email: admin@tpl.nz



For organisations we can provide clinics in-house, contact Therapy Professionals Ltd for details.

Therapy Vouchers

Are now available if you wish to help a friend or family member get the therapy they need to remain independent and improve their life.

Seating people comfortably

Many elderly and disabled people sit for long periods of time. Some are able to move themselves while others are not able to do so without assistance.

For those of us caring for the elderly and disabled we need to think carefully about how we seat those in our care. We need to consider things like:

- posture
- pressure relief
- potential mobility

For more information on seating people comfortably, and choosing a chair see these links.

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/seating_people_comfortably.pdf

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/are_lazy_boy_chairs_fit_for_purpose.pdf

https://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/choosing_a_comfy_armchair_.pdf





Therapy Professionals Ltd
Physio, Speech Language, Music,
Occupational Therapists & Dietitians

Concerned about your child's speech?

Is your child

- over 3 years of age?
- having difficulty producing a number of speech sounds?
- leaving sounds off the end or start of words (eg saying "ca" for "cat", "ar" for "car")?
- hard for you to understand?
- becoming frustrated when they cannot get their message across?

And

- have others expressed concerns about their speech clarity?
- have they a history of ear infections or hearing problems?

If your child is less than 50% intelligible by 3 years contact us

Just call us, our Speech Language Therapists can help

Phone: 03 377 5280
Email: admin@tpl.nz
Website: therapyprofessionals.co.nz



‘Our bubble is opening, enjoy the freedom and keep safe!’