



Therapy Professionals Ltd

Winter 2020

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Covid-19

Covid-19 has been consuming all of us over the past three months and now we're at Level one we can start getting back to normal.

Like many businesses Therapy Professionals has taken a big financial hit. Sadly we have had to stop our Arthritis Exercise classes after running them for about 30 years.

Thankfully the two class leaders agreed to take the classes on privately so the class members have not been left high and dry.

We're still in business and want to provide services to you and your customers.

Services wherever people live, work, play or learn

Physio, speech language, music and occupational therapy and dietetic services for the elderly, adults and youngsters with disabilities *to make their lives better*.

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, how to take exercise classes and falls prevention
- activity and menu reviews
- supervision of physiotherapy assistants and activities personnel

Our services are available to **private individuals** too. You don't have to wait for the public health service if you need help now.

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





No Sunshine No Vitamin D

The gloomy wet weather over the past few weeks has reduced our ability to produce Vitamin D, which is important for:

- bone growth and strength
- muscle health
- our immune system and wound healing

Our main source of Vitamin D is to produce it ourselves by exposing our skin to the sun. Some foods contain vitamin D too, or supplements can be used, if recommended by your Doctor.

To compensate for the lack of sunlight, find out what foods contain vitamin D by visiting our website's information and handy hints page or follow this link:

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

If you need help to improve your dietary intake of Vitamin D our friendly dietitian can help.

Staff Profile

Kristal Nichol - Dietitian

Kristal has a Bachelor of Science in Human Nutrition and Post Graduate Diploma in Dietetics from the University of Otago, Wellington School of Medicine.

Kristal has worked in spinal, residential aged care facilities, oncology and community settings.

Kristal has worked in the Therapy Professionals Ltd team for 18 months and has proved to be a great team member.

Her special interests are:

- Older persons health
- Sustainability of food in New Zealand
- Nutrition in the community and within the home

She is passionate about providing the best nutrition possible for everyone regardless of an individual's ability to do so for themselves. This includes clinical management of any conditions, and practical aspects involving cooking, shopping, budgeting and lifestyle limitations.



Skin injuries caused by pressure

For those of us caring for people who barely move or rely on others to move them, it is important to know how to best look after their skin. Pressure injuries, otherwise known as pressure areas, ulcers or bedsores, are among the negative effects of immobility.

What is a pressure injury?

A pressure injury is damage to an area of skin, usually around a bony part of the body, which has been under pressure for some time. The pressure stops the blood flow feeding the skin in the area and if the pressure is not removed the skin will break down and eventually become an ulcer. Friction from chaffing, or rubbing over these bony areas can also cause sores and ulcers.

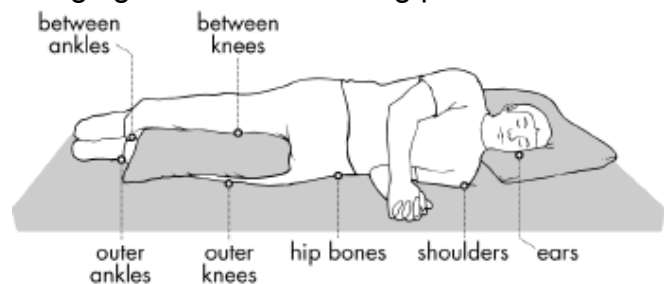
For more information visit our website's information and handy hints page or follow this link.

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

Pressure injuries are a risk for frail and immobile people in care. Prevention is always the aim but unfortunately pressure injuries still occur.

Our therapists can help with education and managing current or recurring pressure injuries by giving advice on:

- pressure relief equipment
- positioning and movement
- diet for wound healing



Our friendly Physio, Occupational therapists and Dietitians can help. Just contact Therapy Professionals on phone: 03 377 5280 or Email: admin@tpl.nz.

Music Therapy

Sometimes Music can be the key for those who are struggling to interact with others and express themselves, their emotions and feeling.

Music Therapists are trained to use music to help those who struggle to verbally communicate to express themselves and interact with others.



To find out more about Music Therapy follow this link

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

Visit the Music Therapy New Zealand website or contact us at Therapy Professionals

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 have two established clinics in:

- **Spreydon** - monthly on a Thursday afternoon
- **Sydenham** – monthly on a Tuesday morning

We are excited to be offering a new clinic at **Hornby** – monthly on a Tuesday morning starting 28 July.

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

Ph: 03 3775280
Email: admin@tpl.nz



Have a Happy Healthy Covid-free Winter

from the team at Therapy Professionals