

hutt

Physiotherapy

CENTRE

OUR PHILOSOPHY

WE PROVIDE AN INTEGRATED SERVICE THAT IS PATIENT FOCUSED. TO ACHIEVE EXCELLENCE IN REHABILITATION. WE WORK TOGETHER WITH MEDICAL HEALTH PROFESSIONALS TO ACHIEVE PATIENT GOALS AND OUTCOMES. PHYSIOTHERAPY SERVICES FOCUS ON EARLY INTERVENTION, QUALITY ASSESSMENT AND DIAGNOSIS. WE OFFER APPROPRIATE TREATMENT AND REHABILITATION TO RESTORE FUNCTION AND RETURN OUR PATIENTS TO WORK, SPORT AND PLAY AS SOON AS POSSIBLE.



Physiotherapists:

Gill Stotter

Dip Pty, ADP(MT)DipMT, PGDipPHC (Dist), MNZCP, MPN

Andrew Imrie

B.Phty(Otago), P.G.Cert.Phty(Acupuncture), P.G.Dip.Heal.Sci (Musculoskeletal Management) (Dist), M.Heal.Sci (Pain and Pain Management) (Dist), Reg.Phty.Acup, MPAANZ, MPNZ

Daniel O'Connell

BHsc Physiotherapy (AUT), MPNZ

Esther George

BPhy(Otago) Hons, MPNZ

Anne O'Donnell

Dip Pty, Dip MT, MPNZ

Louise Waghorn

Dip RG&RT, Dip Pty, MPNZ

Massage Therapists (Soft Tissue Health):

Jess Chua

Dip TM

Maree Sandbrook

Bachelor of Health Studies (Neuromuscular and Massage Therapy)

WORKING TOGETHER FOR EXCELLENCE IN REHABILITATION

Caring

FOR OUR

COMMUNITY

Hutt Physiotherapy is committed to providing a high quality of care for our community. We have a team of experienced physiotherapists who work in close association with a wide network of health providers to provide an integrated person-centred service.

Falls

Prevention



Falls are the leading cause of injury for older people. Approximately 30% of people aged 65 and over living in the community will fall at least once a year, increasing to 50% for those over 80. Sarcopenia is an age-related loss of muscle causing muscle weakness and loss of balance which increases with age.

There is strong evidence that muscle strengthening, along with balance and coordination can reduce the risk of falls. Exercise and social interaction in small groups provides many health benefits for wellbeing including increased confidence, improved strength, mobility and increased activity.

Hutt Physiotherapy offers weekly falls prevention classes that are fun and social keeping people with a risk of falling active and engaged. Group rehabilitation improves access to affordable rehabilitation.

“Health is about people and building a relationship of trust. From primary to tertiary care, healthcare is delivered by teams, and the ability to be a team player is essential for the team to function well for the benefit of patients.”

The Lancet 2010

OUR SERVICES

INDIVIDUAL TREATMENT

Our individual treatments include soft tissue mobilisation and manipulation, acupuncture, exercise programmes and education.

REHABILITATION GYM

Our on-site gym is equipped for a full range of physiotherapy exercises designed for our patients' individual needs.

SPINAL CARE, CLINICAL PILATES, YOGA, ARTHRITIS AND FALLS PREVENTION CLASSES

These classes help our patients learn about their condition. We focus on education, prevention, flexibility, strengthening, balance, and work hardening to return to functional activities and self management.

PAIN MANAGEMENT

Experienced Physiotherapists, Clinical Psychologist and Occupational Therapists specialising in a multi modal and personalised approach can offer education, activity modification, acupuncture, exercise prescription, stress management and lifestyle/nutritional advice.

MASSAGE THERAPY -

Soft Tissue Health

Fully qualified massage therapists help our clients increase flexibility, improve circulation and release mental and physical stress.

PODIATRY -

Resonance Podiatry

An experienced Podiatrist works closely with our Physiotherapists helping to improve alignment, reduce pain and return patients to full activity

Neurological Rehabilitation

We are looking forward to having an experienced neurological physiotherapist join our team. Louise Waghorn has over 35 years experience in this field both in the UK and NZ. Her specific area of expertise is working with patients with complex medical and neurological conditions.

Louise will be providing individual assessments and group rehabilitation classes. Health and safety is paramount therefore we will be working closely with GP's, family and caregivers and the wider health team to provide this service.

Pain Management

ACC pain management services reflect changing models of healthcare providing an integrated person-centred approach. Hutt Physiotherapy contracts through APM Workcare to provide the ACC pain management programme. We work collaboratively with a team of occupational therapists, clinical psychologists, pharmacist and pain/vocational medical specialists to provide this programme.

Early identification and integrated management is vital to reduce the risk of acute pain leading to longer term pain related disabilities. The ACC pain management programme is a fully funded programme that provides an integrated approach for patients with persistent pain or who are at risk of developing persistent pain resulting from personal injury. Risk factors for developing chronic pain include:

- Catastrophising
- Depression
- Fear avoidance
- Anxiety
- Worry/uncertainty
- Low self-efficacy
- Poor sleep
- Negative expectations
- Chronic co-morbidities (fibromyalgia, IBS, Migraines, chronic fatigue and TMJ pain).

Entry into the Pain programme is through identifying patients who have an injury already covered by ACC who attain a score of 50 or more on the Modified Orebro Questionnaire. If the Primary Healthcare Practitioner has clinical evidence that their patient would benefit from participation in the service and has not met the Orebro score criteria, considerations can be made. Patients can also be assessed and managed privately for their pain-related conditions.

Common treatment approaches include:

- Education (routine establishment, pacing, hurt vs harm, sleep hygiene)
- Exercise therapy/graded activity exposure
- Mindfulness/Relaxation
- Mood/anxiety management
- Goal and values informed framework
- Medical, psychology and medication reviews.