

THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



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Introduction

Welcome to 2025!

We hope you all enjoyed the festive period and have got back into the swing of things as we come to the end of January. We've had a great start to the year, visiting many of you and working through our ideas and plans for the year ahead.

Exciting News



We're excited to say that we joined the team at Stoneham Grove, the new Barchester care home that opened in Tilehurst, for their opening event. We're delighted to be working together and providing physiotherapy to residents.

Stroke Support

At Therapies on Thames, we see a lot of patients who have suffered a stroke and need help with rehabilitation when they are able to leave hospital. Following a stroke, patients can experience problems with their physical and cognitive abilities that impair their quality of life. Leg weakness and balancing difficulties can make walking a struggle and seriously limit mobility. Weakness in the hands and arms makes day to day tasks such as washing and dressing much more difficult. Patients may also have trouble with their memory and understanding or planning tasks, all of which impairs their quality of life.

Physiotherapists play a vital part in support following a stroke, they ensure that the patient is doing the right kind of exercises to retain as much movement as possible. It is key that the patients learn how to move around in the safest possible way to avoid any further injuries, for example losing balance and falling.

Occupational therapists work very closely with patients to help them regain sensory and motor abilities that have been damaged by the stroke. They also provide strategies to overcome day to day challenges and maximise independence.

If you think that Therapies on Thames can help please give us a call on 0333 011 3278.



Patient Feedback

“Helen helped strengthen my right hip so I wasn’t worried about it giving way or giving me pain...It was down to her that I was able to walk up the steep hills on my Scotland holiday. Last time I was there, my stamina was way down, and I had to keep getting in the car. Even my sister said – ‘You’d never have got up these hills!’



Introducing: Helen

**Physiotherapist at
Therapies on Thames**

I trained as a 'very mature' student at Oxford Brookes University, qualifying with a first class (Hons) degree in Physiotherapy in June 2020.

I worked in a variety of roles within the NHS before specialising in Neuro Rehabilitation and Community Therapy. I have been with Therapies-on-Thames for just over a year.

About half my time is spent at Oxford Head Injury Services (OHIS) where I assess and treat service users who've had a stroke or brain injury. I also refer on for treatments such as anti-spasticity medication, splints, Functional Electrical Stimulation, Vestibular (balance) problems and liaise with other health professionals to help meet clients' needs. The rest of my working life involves visiting older adults in their own homes or a care home, treating issues that affect us as we get older.

In my spare time, I'm a keen gardener, enjoy country walks, cooking and baking and try to 'practice what I preach' going to Pilates and weight-training at the gym regularly. I've also recently started exploring Mindfulness meditation, which is not easy, but so worthwhile.