

# THERAPIES ON THAMES NEWS

therapiesonthames.co.uk



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## Introduction

Here we are in March already, with some sunny days making it feel like spring is well on its way.

It's been a busy start to the year with lots of new enquiries and a growing network of groups and organisations to work with. We've also been busy recruiting some new physiotherapists and occupational therapists to join our team.



## Exciting News

We are excited to share the news that we have secured a contract with Caring Homes providing physiotherapy and occupational therapy. We are working with a selection of their homes across the country to support their individual needs. We have already started in four of the homes, with more starting soon, providing exercise classes, individual assessments, staff training and more.

As with all new care homes we will also be able to provide our services to residents for rehabilitation or maintenance therapy to promote independence in the care home environment for as long as possible. We will continuously review and gather feedback from the homes to ensure we are meeting their needs.

## Patient Feedback

“We have found the services of this company, friendly, very professional and supportive in meeting our mothers needs.”

**Yvonne Mills**

# Orthopaedic

Joint disease is more prevalent as we get older, especially in the main weight bearing joints in the lower limb such as the hip and knee. Previous levels of activity and occupation may determine the level of arthritis found in joints. Other factors could be linked to hereditary traits and some people can be affected by auto immune diseases like rheumatoid arthritis, requiring numerous joint replacements over time.

We commonly help people who are affected by pain and immobility caused by arthritis as well as those recovering after joint replacements and those that have had surgery to fix broken bones after a traumatic event such as a fall.

Orthopaedic physiotherapy, also known as musculoskeletal physiotherapy and orthopaedic physical therapy, is physiotherapy that treats any part of the musculoskeletal system. This includes: bones, muscles, ligaments, tendons, joints and connective tissue. Orthopaedic physiotherapy is used to aid recovery for those affected by injury, illness or disability.



## Introducing: Srinivas

### Physiotherapist at Therapies on Thames

I am from India and completed my Bachelors in 2010 and worked as a Physiotherapist in a 250 bedded Multi Super Speciality hospital. After working there for 10 years I decided to do a Masters and completed this in 2021 in India and another PGDiploma degree from Malaysia. After that I decided to move to UK and came over in 2022. I've worked for Therapies on Thames for over a year now.

I am really enjoying my role helping geriatric people and supporting them to be independent and helping them to do their activities of daily living. My hobbies are doing voluntary and charity works in my free time, reading books and listening to music.