THERAPIES ON THAMES NEWS

therapiesonthames.co.uk

Therapies on Thames
Rehabilitation specialists

October 2024

Introduction

Here we are in October already, it certainly feels like autumn has arrived and we're heading towards the clocks changing at the end of the month. We have more exciting news and updates to share with you as well as how we can support you.

Exciting News

We're thrilled to announce our partnership with The Chase in Huntingdon, part of the Connaught Care Collection, to offer specialised rehabilitation beds for older patients recovering from surgery, illness, or injury.
Under an all-inclusive fee, participants will receive intensive physiotherapy, nutritional planning, tailored health advice, and 24/7 care—all designed to speed up recovery and improve quality of life.
At Therapies on Thames, we believe that quality care is everything, and we're excited to help more people get back on their feet and enhance their quality of life.

Case Study: Margaret

Initial Assessment
Despite living a very active life, Margaret experienced a variety of illnesses over the past 40 years. Her strength meant she continued to work while showing symptoms of MS and while recovering from breast cancer. However, due to its return, followed by an osteoporosis diagnosis, and the development of bone cancer, Margaret's lifestyle slowed and she began to struggle walking.

Rehabilitation
Margaret sought help from Therapies on Thames, where she now receives hourly physiotherapy treatment, twice a week.

Results
Since receiving support from Therapies on Thames, Margaret has seen vast changes. Both her confidence and independence have grown. Although she still requires help from her husband, and visits from carers, her tailored physiotherapy means she is now walking well and able to complete simple tasks around the house, when she couldn't before.

View more of our testimonials on our website here.

Falls Prevention Service for Care Homes

The risk of falling and suffering an injury because of a fall becomes much higher in people aged 65 and over.

Having a fall can have significant impacts on mental, as well as physical, health. Physical impacts include injury, pain, and loss of independence. Mental impacts can be just as serious, including distress, where loss of confidence can contribute to a loss of independence. This can have a huge impact on the quality of a person's life so it is important that people are aware of how to lower their risk of falling as they become older.

Once a person has suffered a fall, they are likely to become anxious about having another one, resulting in them not mobilising as much as they previously were. Having less exercise will have an impact on muscle strength, so therefore it becomes a rapid downward spiral towards not being able to move in such a fluid way.

Physiotherapy can play an important part in ensuring that elderly people can move around safely and reduce their risk of falls. Our therapists work with patients to become mentally and physically confident after having a fall, and therefore reducing the risk of having subsequent falls. Physiotherapy is also a good preventative measure; our expert team can work closely with patients and ensure they are carrying-out effective exercises.

We spent an evening at Bucklers Lodge Care Home in Crowthorne in September discussing Falls Prevention and how Therapies on Thames can support the team and their residents. From staff training to initial assessments and ongoing sessions where required.

If you or your team are interested in finding out more about Falls Prevention training for care home staff to support them in providing the best level of care for their residents, please contact us on 0333 011 3278 or email jo.hobley@therapiesonthames.co.uk.

Introducing: Devhuti

Physiotherapist at Therapies on Thames

I am registered physiotherapist in the UK, having qualified as a physiotherapist in 2021 (India). I have been working at Therapies on Thames for over a year.

In my role, as a physiotherapist, I play a crucial role in helping patients recover from injuries, manage chronic conditions, and improve their physical well-being through personalised treatment plans and therapeutic exercises. I find great enjoyment in seeing my patients regain their mobility and quality of life, knowing that my skills and support have made a meaningful impact on their health and happiness.

In my spare time, as a physiotherapist, I enjoy activities that keep me active and allow me to continue learning. Additionally, I attend workshops or read up on the latest advancements in physical therapy to stay updated in my field. Relaxing with hobbies like cooking, reading, or spending time with friends and family also helps me maintain a healthy work-life balance.

Patient Feedback

I recently booked Therapies on Thames to help my mother-in-law get back on her feet after a trapped nerve. Prior to his assistance, my mother-in-law was housebound and in a very difficult situation. After six sessions she was in with a shot of going on her long-planned holiday and this week made it out to Africa to do the charity work she loves and lives for. We cannot thank Wilson enough!