

A SUPER Update

QUARTERLY NEWS FROM SUPER REHAB



Message from Super Rehab

Hello and welcome to the Summer Edition of the Super Rehab newsletter!

In this edition, we are pleased to share with you some great reasons to celebrate. We explain what an Exercise Physiologist does and how they can help you improve your health and well-being.

We are pleased to introduce two new staff members: Jemma and Caitlin and share some pictures from our employee holidays.

Margaret Beattie, Health Service Manager, Super Rehab.

In this Issue

- What does an EP do?
- Meet our new team members: Jemma and Caitlin
- Super Start Program
- Staff Holiday Adventures



WHAT IS AN EXERCISE PHYSIOLOGIST ?

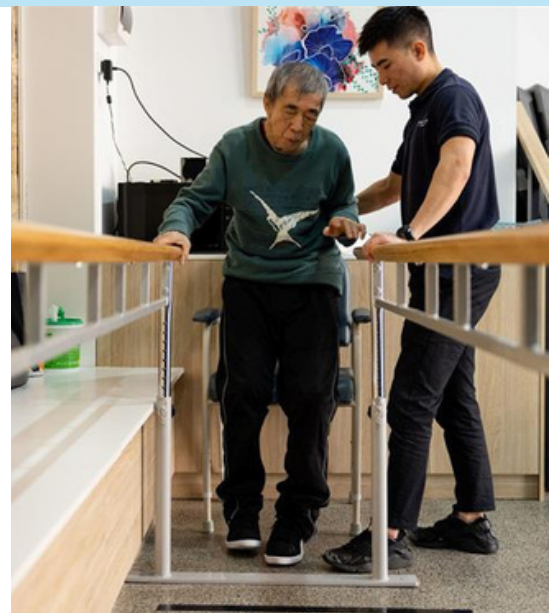
Accredited Exercise Physiologists (AEP) are university graduates who specialise in the delivery of exercise programs for the prevention and management of chronic diseases, injuries and disabilities.

Conditions that EPs can help manage

- Cardiopulmonary conditions (heart and lungs) such as hypertension, coronary artery disease, peripheral vascular disease, myocardial infarction, chronic heart failure, asthma chronic obstructive pulmonary disease, cystic fibrosis.
- Metabolic conditions such as obesity, impaired glucose tolerance and diabetes mellitus
- Musculoskeletal conditions including arthritis (osteoarthritis and rheumatoid arthritis) osteoporosis, sub-acute and chronic specific and non-specific pain/injuries
- Neurological/Neuromuscular conditions such as stroke, spinal cord injury, acquired brain injury, Parkinson's disease, multiple sclerosis and cerebral palsy.

What do we do?

- perform an initial assessment to establish your health status
- perform exercise testing to establish your balance, flexibility, strength and endurance
- discuss your health condition and lifestyle changes
- implement exercise programs, ensuring they are performed safely with correct technique
- progress your programs in accordance with your improvements
- MOTIVATE YOU!!



SUPER START PROGRAM

The Super Start Training Program is an education program created by Super Rehab to provide an introduction into the policies, procedures and clinical services at Super Rehab. Our company comprises of a variety of clinicians providing home-based care services throughout Sydney, enabling a cohesive and cooperative therapy service.

The Super Start Program aims to educate our practitioners who come from varied backgrounds within the allied health industry. Our latest recent addition has been an overview of Risk Management, Safety and Incident Reporting.



Why have a safety reporting process?

- Encourages your workers to speak about current or potential issues
- Provides regular discussions about health and safety in the workplace
- Help improve safe work procedures and training
- Reports back on the actions taken to resolve issues
- Makes it clear what the law requires in case of a serious injury, illness or death at the workplace

What does good reporting look like?

- Systems and procedures are in place for reporting safety issues and incidents
- Health and Safety issues and incidents are always reported and acted upon
- Risk controls are always reviewed following an incident
- Reports help you identify issues, why they occurred and how to fix them
- Help to identify trends, priorities and prevention measures



New staff profile: Jemma Occupational Therapist



Jemma completed her undergraduate degree Occupation Therapy from the University of Sydney. After graduating she began working in a variety of settings including pediatrics, community care and residential aged care facilities.

In her personal time she enjoys a varieties of hobbies which include:

- Dancing - she is also a dancing instructor
- Reading about her interests including biomechanics, personal finance, and self-development
- Spending time with loved ones

She also hopes to travel more, as she is pictured to the right in South Korea just before the COVID pandemic.

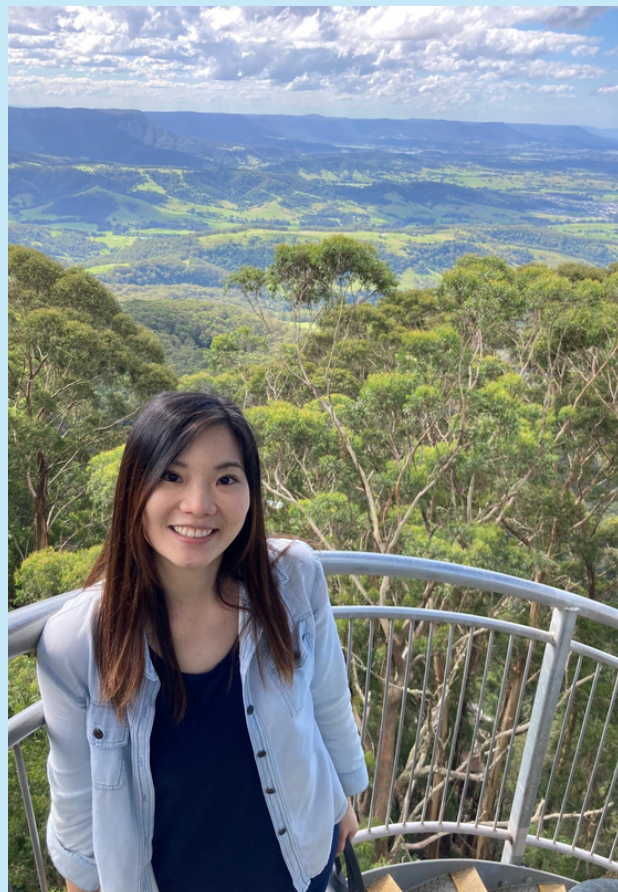
“ I enjoy my role at Super Rehab because solving everyday challenges for our clients is rewarding

New staff profile: Caitlin Occupational Therapist

Caitlin is an Occupational Therapist who graduated from The Hong Kong Polytechnic University. She has worked in various settings, mostly working with elderly people.

Drawing from these experiences, Caitlin has found her biggest passion in the community setting and has decided to utilize her knowledge and skills to assist people with disability in the community. She enjoys optimizing their wellbeing and quality of life and loves how occupational theory treats people by guiding, facilitating and accompanying them to achieve their goals.

In her own time, she enjoys watching movies and going to the beach.



HOLIDAY ADVENTURES



Pictured above: Margaret our Health Services Manager went hiking in the Snowy Mountains over Christmas. This is at the summit of Mt Kosciusko

▼ Pictured below: Michelle one of our Physiotherapists pictured at the peak after hiking the 16 km Isthmus Peak trail in Wanaka, New Zealand



▶ Pictured Right: Kim our Office Administrator during her adventures on the Sydney Harbour Bridge Climb and Snorkeling in Cairns



▶ Pictured Left: Natalie our NDIS Team Lead on her family holiday adventures



▶ Pictured Right: Super Rehab Christmas Party Shenanigans



112a New Canterbury Rd, Petersham NSW 2049



EMAIL US AT
info@superrehab.com.au



VISIT OUR WEBSITE
superrehab.com.au