

Upper Limb Training

Many stroke survivors are faced with ongoing challenges regarding the functioning of their shoulder, arm and hand. It is often thought that the functional gains of the upper limb have plateaued.

At Rita Henn and Partners we believe the upper limb may continue to improve. Specialized upper limb training considers and treats common functional limitations due to pain, soft tissue shortening, weakness and loss of dexterity through the use of:

- Revolutionary Saeboflex program
- Electrical stimulation
- Task specific upper limb training sessions.



Augmentative & Alternative Communication (AAC)

Clients who are non-verbal or have limited verbal abilities, are assessed and treated according to their needs, abilities and resources to identify an appropriate AAC system which can improve the clients social interaction and independence, and thereby improve their quality of life.

Swallowing Therapy (Vital Stim)

Speech therapy services include the assessment, treatment and management of swallowing disorders (dysphagia). As part of this management, a program of Vital Stim Therapy is currently being developed. Vital Stim Therapy is the use of neuromuscular electrical stimulation (NMES) in conjunction with traditional swallowing therapy exercises and techniques, to strengthen the swallowing mechanism. VitalStim therapy has been researched and found to be a safe, effective and cost efficient treatment method for swallowing difficulties.



Please visit our website for detailed information about all our services.
www.physicalrehab.co.za



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**OUT
PATIENT
SERVICES**



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Rita Henn & Partners Inc.

Out patient services

Background Information:

Rita Henn and Partners is an interdisciplinary rehabilitation practice established in 2003. We are situated in Auckland Park Johannesburg at the Netcare Rehabilitation Hospital and provide intensive rehabilitation programs to enable patients to return to their maximum independence following illness or injury.

This practice is equipped with the skills of physiotherapists, occupational therapists and speech therapists, working in collaboration with specialist consultants, nurses, dietitians, social workers, psychologist, prosthetists and orthotists.

Our interdisciplinary OUT PATIENT teams



work in dedicated rehabilitation units of: Neurology, Spinal cord injury and Orthopaedics.

Treatment programs are individually tailored for both adult and children with the following conditions:

- Spinal Cord Injuries
- All Neurological conditions (TBI, Stroke)
- Post surgical joint replacements
- Amputation/s
- Poly trauma / Orthopaedic conditions
- Guilliane Barré
- Motor Neuron Disease

Out Patient Rehabilitation services also include:

- Community based assessment and rehabilitation, designed specific for each client's needs
- Mobilization post surgery
- Teaching and consolidating independence with activities of daily living
- Education, support and motivation for patient, family and caregiver
- Splinting / Serial casting
- Seating assessments for optimal seating & pressure care
- Cognitive driving assessment



Aqua Therapy:

Aqua Therapy is a method of treatment that utilizes the different properties of water to aid in the rehabilitation process by strengthening muscles, improving range of movement, improving cardiovascular fitness and working towards independent swimming, and may form part of the rehabilitation program.

Seating Information Technology Laboratory (SIT LAB):

The "SIT Lab" has been established to assess and optimize the seating of people who rely on a wheelchair for their daily mobility. This system enables us to provide the patient with information and guidance to select a wheelchair and cushions that will best suit his/her specific needs.



Functional Electrical Stimulation (FES):

FES is the integrated use of electrical currents, to assist in the activity and functioning of partially paralyzed muscles. Diagnosis treated includes; Stroke, Head injury, Incomplete Spinal cord injuries, Parkinson's, Cerebral palsy and Multiple sclerosis.

Vocational Rehabilitation:

To ensure community reintegration we have developed a vocational rehabilitation unit to address the client's ability to return to work. The return to work process could include a work assessment, job analysis, worksite visit, work hardening, work simulation, sensitisation program and referral for skills hardening if required.



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