



HEALTHY HEARTS MATTER AT METROREHAB

MetroRehab Hospital is an independent private Rehabilitation Hospital in Petersham NSW. Our specialist Rehabilitation Inpatient and Day programs include Neurological and Stroke programs, Orthopaedic and Musculoskeletal programs, Reconditioning, Cancer and Pain management programs.

In this newsletter, we are excited to announce our new Cardiac Rehab Program.

What is Cardiac Rehabilitation?

Cardiac rehabilitation helps people recover from events such as myocardial infarction (heart attack), heart surgery or various cardiovascular conditions and diseases.

If you or someone you know has experienced a cardiac event, you will know that it can be a very confronting experience. Readjusting to normal daily activities such as climbing stairs, running for a bus or getting back out in the garden can be fraught with anxiety about what your heart is capable of and what will happen if stress is placed on it. Thankfully our highly experienced, multidisciplinary team is here to guide you through the journey so you get the best results possible. In fact, unlike many other rehabilitation journeys, people who have experienced a cardiac event can often return to activities and function at a level far higher than they could before the event. All it takes is the right advice and direction!

What's special about our Cardiac Rehabilitation Program?

What makes MetroRehab Hospital's Cardiac Rehabilitation Program different to many others is that in addition to a medical assessment on commencement, patients also undertake a sub-maximal exercise test. The purpose of this test is not only to assess patients' cardiovascular function but allows our clinicians to use the results to tailor a rehabilitation program specific to the individual. This ensures that the optimal dose of exercise is prescribed for each person.

Under the leadership of Dr Mariela Hendriks, Consultant Rehabilitation Physician, our cardiac rehabilitation program runs twice a week for 6 weeks. The program encompasses both exercise sessions

and comprehensive education sessions covering various aspects of cardiovascular health, recovery and returning to normal life. To ensure the Program is of the highest quality, MetroRehab Hospital has recruited the experienced James Hewitt (pictured) as the Cardiac Rehabilitation Coordinator. James is an Exercise Physiologist with a special interest in Cardiac Rehabilitation spanning almost a decade.

What our patients have said about the Cardiac Program:

"I'm looking forward to getting back to riding my bike twice a week. This rehab has helped me regain a lot of my previous fitness."

- Tim from Lilyfield

"Working with the same group of other patients under the close supervision of the staff was wonderful. The progress of others inspired me to get stronger and fitter. The education sessions were informative, and the exercise structured to be safe yet challenging."

- Tom from Stanmore

For more information about our new Cardiac Rehab Program offering call us on **85854900** or visit **www.metrorehab.com.au**



James Hewitt (Cardiac Rehabilitation Coordinator) and **Dr Mariela Hendriks** (Consultant Rehabilitation Physician) pictured at the Cardiovascular Health and Rehabilitation Association of NSW and ACT Annual Scientific Meeting 13th October 2017.



ON A HIGH NOTE

MetroRehab Hospital innovating with Music Therapy



Hilary Cox (Stroke & Neuro Program Manager) and **Tanya Silveira** (Music Therapist) at the Smart Strokes Conference 10th/11th August 2017 on the Gold Coast.

The Sydney Stroke Rehabilitation Centre at MetroRehab Hospital has been leading the way in the use of music therapy in stroke rehabilitation. In 2017 our therapists presented on collaboration of music therapy with allied health in stroke rehabilitation at the Australian Smart Strokes Conference for the second year in a row. MetroRehab Hospital is currently the only inpatient rehabilitation site in New South Wales implementing music therapy in this unique way.

Music therapy has been shown to improve mood, motivation to comply with rehabilitation programs, improve gait and upper limb function in post stroke patients. Our music therapy sessions are aligned with speech therapy, occupational therapy, physiotherapy and clinical psychology goals to achieve the best outcome for the patient and to have fun doing so.

Tanya Silveira and Hilary Cox presented on a collaborative exercise group, combining principles of neurological music therapy with a functional exercise group for stroke patients. Patients reported that the session was fun, engaging and challenging and the group was shown to improve the speed of movements such as sit to stand. We look forward to further development of this innovative new stroke therapy exclusive to MetroRehab Hospital.

Congratulations stroke survivors on completing our MetroRehab Stroke Wellness Walk 2017!

The Sydney Stroke Rehabilitation Centre at MetroRehab Hospital was proud to host The 3rd Annual Stroke Wellness Walk on Friday 8th September 2017. This event is held for all stroke patients and their families to celebrate National Stroke Week 2017, celebrate life after stroke, share stories and promote awareness of stroke in our local community. The walk also raises funds for The Stroke Recovery Association of NSW which provides essential support for stroke survivors and carers in the community. We were fortunate to have Board Members, Lyn Glanfield and Jim Towers, from The Association, join our activities and support the occasion.

The Stroke Wellness Walk continues to grow each year and despite the windy conditions, this year was our best attended to date. Stroke survivors were joined by hospital volunteers, staff and patients as they completed either one of the two circuits available, the majority taking on our '2KM Challenge'. Congratulations to all the participants!

Parkinson's Disease Program

Have you or someone you know been diagnosed with Parkinson's Disease? Did you know we offer a specific program for people with Parkinson's Disease which includes education and therapies proven to be of benefit? If you are interested and would like more information please contact our Stroke & Neuro Program Manager on **(02) 8585 4900** to learn more about this service or visit our website www.metrorehab.com.au

MetroRehab Stroke Wellness Walkers 2017 completing the '2KM Challenge'.

