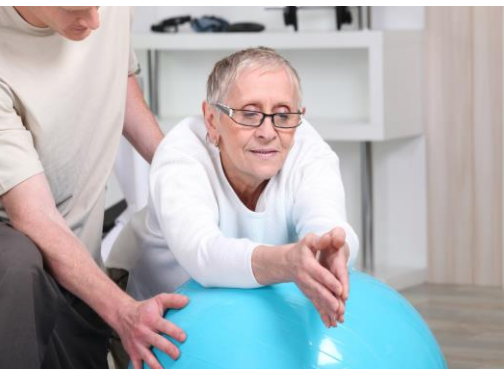




PHYSIOTHERAPY @ HOME™

SUPPORTING YOU EVERY STEP OF THE WAY





PROFILE

Physiotherapy @ Home is the culmination of many years of planning and collaborating with local leading experts in health promotion, injury prevention and rehabilitation by co-founders Dr Marc Naidoo and Leron Hector. It has grown into a world class home based physiotherapy group operating throughout South Africa.

Physiotherapy @ Home is a service offered by Hector, Naidoo and Associates, a professionally registered healthcare service providers offering services in the comfort of clients homes. We supply physiotherapy services in the private healthcare sector all across South Africa. Physiotherapy @ Home's services are managed from the practice head office in Plumstead, in Cape Town.

Our Physiotherapy @ Home senior management team have more than 35 years combined experience in health promotion, injury prevention and client rehabilitation, utilising cost effective health care service delivery models to all clients across all age groups.

Vision

To offer accessible, affordable and quality home-based rehabilitation.

Purpose

Optimize physical function through science.

Values

Passion for People
Quality Service
Performance Pride
Lifetime Partnerships

All our physiotherapists have experience in and are actively involved with health promotion, injury prevention and acute and chronic rehabilitation. We are passionate about rehabilitation and helping our clients achieve optimal function. It is our goal to safely rehabilitate and improve our clients functional ability in the fastest time by utilising leading technologies and research based treatment techniques in the environments that they are required.

At Physiotherapy @ Home we pride ourselves in supplying a professional service in varying environments and throughout all phases of rehabilitation, from acute injury management to post-operative rehabilitation and return to work.

Our physiotherapists are team players and would easily fit into, and add onto, any existing medical team. We are also part of an extensive referral network and if required our clients will have access to numerous members of the multi-disciplinary team including occupational therapists, speech therapist, biokineticist and psychologist.



RESEARCH



EDUCATION AND RESEARCH ARE THE CORNERSTONES OF OUR METHODOLOGY

According to the World Health Organization (1), the proportion of people older than 60 is growing more rapidly than any other age group. Within this group, not everyone reaches old age successfully. Although the common rule is that increasing age is related to decreasing well-being and increasing levels of frailty (2, 3), it is also true that individuals with the same chronological age can vary in health and functional status (4).

Frailty is a multidimensional concept that influences several domains, such as gait, mobility, balance, muscle strength, motor processing, cognition, nutrition, endurance and physical activity (5) and it is directly related to adverse consequences, such as falls, disability, the need for longterm care, hospitalization, and even mortality (2, 6, 7). These adverse outcomes constitute a source of considerable healthcare expenditure, and it is known that the reduction of adverse outcomes could lead to an offset in medical costs (8). In this sense, the clinical outcomes related to frailty should be treated to prevent the socioeconomic burden associated with this condition.

Physiotherapists are rehabilitation professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical or surgical problems or other health-related conditions, illnesses, or injuries that limit their abilities to move and perform functional activities as well as they would like in their daily lives.

Physiotherapy management commonly includes prescription of or assistance with specific exercises, manual therapy and manipulation, mechanical devices such as traction, education, physical agents which includes heat, cold, electricity, sound waves, radiation, rays, prescription of assistive devices, prostheses, orthosis and other interventions. In addition, physiotherapists work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness-oriented programs for healthier and more active lifestyles, providing services to individuals and populations to develop, maintain and restore maximum movement and functional ability throughout the lifespan.

References:

1. WHO, 2002
2. Fried et al. 2001
3. Puts, Lips, & Deeg, 2005
4. Mitnitski, Graham, Mogilner & Rockwood, 2002
5. Gobbens, Luijckx, Wijnen-Sponselee & Schols, 2010
6. Rockwood, 2005
7. Fried, Ferrucci, Darer, Williamson & Anderson, 2004
8. Gerontol, 2001



SERVICES



As a home visiting physiotherapy team, we are interested in the functional rehabilitation of a wide range of conditions including neurological, orthopaedic, respiratory, paediatric, and geriatric. Our unparalleled home based service allows us to tailor client's rehabilitation needs specific to their home/facility environment. We are a professional team who love what we do and will go to great lengths to achieve the best results for all of our clients.

We strive to deliver a quality home/facility based rehabilitation service by offering thorough assessments, appropriate rehabilitation, based on the latest clinical research, so that our clients can function optimally within their home and the broader context of society.

WHY CLIENTS PREFER BEING TREATED AT HOME:

- It is more convenient than sitting in waiting rooms of physiotherapy practices.
- Some clients are not so mobile especially the elderly and patients with neurological deficits.
- Clients are generally more comfortable in their own home environments.
- Many conditions are better treated at home as often the problems can be seen firsthand.
- Exercise programs can be designed around what you have at home.
- We provide post hospital rehabilitation following orthopaedic surgery, ongoing rehabilitation for neurological conditions, and can provide an ongoing maintenance service for chronic disability.

OUR PHYSIOTHERAPISTS CAN:

- Optimize return to function after injury
- Manage and resolve chronic pain and prevent further injury
- Enhance performance and functional technique
- Increase flexibility, muscle control and strength
- Educate clients on how to self-manage their condition

WHERE WE OFFER OUR SERVICES

We offer this service in the Cape Town metropolitan area, Johannesburg, Pretoria, Port Elizabeth and Pietermaritzberg.

PRODUCTS

We can also provide clients with supplementary rehabilitation products and assistive devices.



CONDITIONS



Physiotherapists are experts in improving mobility, motion, and pain-free movement which is crucial to client's quality of life, their ability to earn a living, pursue their favorite leisure activities, and so much more. Self-management through completing home exercise program is a vital part of their recovery and wellness. We provide all clients with a tailored exercise program of specific to help them meet rehabilitation goals timeously.

Neuromuscular and Orthopaedic conditions

Orthopaedic physiotherapy is the provision of care individuals of all ages with disorders or dysfunction of the musculoskeletal system and orthopaedic fracture. Orthopaedic physiotherapists are skilled in the diagnosis, management, and prevention of musculoskeletal disorders and pain. Furthermore we are skilled in the management of pre and post surgical conditions. We are experts in the assessment of movement and can help individuals move better, often with less pain, through skilled hands on techniques, therapeutic exercise and patient education.

Vestibular problems (Vertigo)

We evaluate and treat dizziness and balance problems that may be caused by any of the following:

BPPV (Benign Paroxysmal Positional Vertigo)

Unilateral Vestibular Loss following an inner ear infection, acoustic neuroma

Bilateral Vestibular Loss following exposure to gentamicin, chemotherapy, and other ototoxic substances

Movement related instability, dizziness, intolerance

Migraine Associated Vertigo/ Vestibular Migraines

Post-Concussion Syndrome

Traumatic Brain Injury

Parkinson's Disease

Respiratory complications

Chest physiotherapy consists of external mechanical maneuvers, such as chest percussion, postural drainage, and vibration, to augment mobilization and clearance of airway secretions. It is indicated for patients in whom cough is insufficient to clear thick, tenacious secretions. Examples include patients with cystic fibrosis, bronchiectasis, lung abscess, neuromuscular disorders, asthma, and pneumonias in dependent lung regions.



CONDITIONS



Wound care management

Addressing a growing need in our community, we utilize expert wound protocols that have proven time and again to have excellent outcomes for our patients. We aim to provide pain-free, expedient treatments that speed up the healing process. Physiotherapists are uniquely qualified to manage wounds, in conjunction with nursing staff, as we are the experts in positioning, offloading, functional mobility and exercise prescription. All of these factors must be addressed in order for wounds to heal.

Gait/walking problems

Gait training is a type of physiotherapy that helps patients to improve their ability to stand and walk. One goal of gait training is preventing falls. Falls can diminish patients ability to lead an active and independent life. About one third of people over the age of 65 and almost half of people over the age of 80 will fall at least once this year. Gait training may be recommended after an illness or injury, to help a patient regain independence in walking, even if an adaptive device is needed. Functional mobility training is aimed at adapting or developing exercises which will allow individuals to perform the activities of daily life more easily and without injuries.

Neurological conditions

Neuro-rehabilitation requires expertise and manual skills that promote normal movement patterns. All of our therapists have backgrounds in providing intensive neuro-rehab to such patients. Our passion is to provide our client tactile cues that retrain their brain to control their affected extremities much in the same way they did prior to their injury. We believe that in order for you to return to living the life you want, it is important to retrain your body to function as it did before your injury. This can lead to decreased time in therapy as you will not have to unlearn bad habits. The goal is to bring each patient to his or her highest level of functional independence and to be able to remain in their home environment.



TREATMENT



TYPES OF TREATMENT OFFERED:

- Non-pharmacological management of acute and chronic pain
- Functional rehabilitation of neurological conditions
- Exercise prescription
- Group exercise classes
- Maintenance exercises
- Electrotherapy modalities
- Respiratory therapy
- Manual therapy
- Postural correction
- Pre and Post orthopaedic surgery therapy
- Falls prevention
- Relaxed deep breathing
- Muscle flexibility training
- Relaxation techniques
- Endurance training
- Biofeedback training
- Ergonomics training
- Muscle strengthening/conditioning
- Multi-sensorial stimulation
- Balance and equilibrium training
- Palliative care
- Vestibular rehabilitation
- Cognitive therapy
- Exercise classes
- Aquatherapy



EXERCISES



Physiotherapy @ Home, also offers group exercise classes for any age group. We have a special interest in exercise classes for the elderly as well as aqua therapy. Our active ageing group exercise classes are designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility. Whether you're a veteran gym member or a newcomer, we welcome all clients to come enjoy the benefits of working out in a group. Our aqua therapy classes are designed to use the buoyancy of water to retraining correct movement patterns and return to function.

EXERCISE CLASSESS OFFERED:

PHYSIO FIT ACTIVE

Physio Fit Active is an exercise class designed for the residents interested in full body workout of moderate intensity. Classes will focus on strength, flexibility and balance while increasing cardiovascular fitness in a fun and effective way!

PHYSIO FIT CLASSIC

Physio Fit Classic is a chair based exercise class focusing on flexibility, strength, fitness as well as circulatory exercises. This group would be perfect for those residents with painful joints or those with decreased balance and a fear of falling.

AQUA PHYSIO

Aqua Physio is a therapeutic water based Physiotherapy treatment in thermal neutral water (34.5 – 35.5deg). The heat of the water and the physical properties of the water (buoyancy, decreased weight bearing through joints) helps in the reduction of pain; normalizing muscle tone and spasms, and assist in the general rehabilitation, strengthening and flexibility of the muscular and neural system. It also induces relaxation.



SITES



Hector Naidoo and Associates offers physiotherapy services at numerous sites/facilities across South Africa. Below is a list of some of the sites/facilities:

1. **Faircape Health Tokai** - a sub acute and frail care facility
2. **Fairmead Court Rondebosch** - frail care and residential facility
3. **Evergreen Muizenberg** - a sub acute, frail care and residential facility
4. **Evergreen Diepriver** - frail care and residential facility
5. **Evergreen Bergvliet** - frail care and residential facility
6. **Evergreen Broadacres** - frail care and residential facility
7. **Evergreen Noordhoek** - frail care and residential facility
8. **Noordhoek Manor** - frail care and residential facility
9. **Cle' de Cape** - a sub acute, frail care and residential facility
10. **Trianon Retirement Village** - frail care and residential facility
11. **Othello Retirement Village** - frail care and residential facility
12. **Trianon** - frail care and residential facility
13. **De Plattekloof Lifestyle Estate** - frail care and residential facility
14. **Sherwood House** - frail care and residential facility
15. **Auberge Care Facility** - frail care and residential facility
16. **Panorama Palms** - frail care and residential facility
17. **Fontaine Bleu** - frail care and residential facility
18. **La Provence Retirement Village** - frail care and residential facility
19. **De Rust Retirement Village** - frail care and residential facility
20. **Legato Retirement Centre** - frail care and residential facility
21. **Immanuel Care Centre** - frail care and residential facility
22. **Libertas Retirement Facility** - frail care and residential facility
23. **Lilac Residence Care Centre** - frail care and residential facility
24. **Meerenbosch Retirement** - frail care and residential facility
25. **Oude Westhof Retirement Village** - frail care and residential facility
26. **Trans 50 Panorama Palms Retirement Village** - frail care and residential facility
27. **Zevenwacht Lifestyle Estate** - frail care and residential facility
28. **Klaradyn Retirement Village** - frail care and residential facility
29. **La Belle** - frail care and residential facility
30. **Fairtrees Retirement Village** - frail care and residential facility
31. **Fontain Bleu Retirement Village** - frail care and residential facility
32. **Huis Aristeia** - frail care and residential facility
33. **Huis De Kuilen** - frail care and residential facility
34. **La Provence** - frail care and residential facility



PARTNERS



Hector Naidoo and Associates have strategic partnerships with:





OUR TEAM



At Physiotherapy @ Home , our primary focus is to help our clients return to activities and sports they love as safely and effectively as possible. Our highly trained and educated team employs an individualized approach to treat our patients through a combination of evidence-based therapeutic exercises, manual therapy, neuromuscular rehabilitation techniques, and therapeutic modalities

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Reasons for choosing us:

- Experienced, well-educated professionals
- Personal, individualized care
- Convenient mobile service
- Convenient location and unique facility
- Caring and friendly staff
- Flexible scheduling
- Injury assessment and management
- Injury prevention training programs
- Personalized home exercise programs
- Unrivalled client experience

Senior Management Team

Marc Naidoo Co-Founder

Graduated with an Honours degree in Physiotherapy from the University of the Western Cape in 2003 and then went on to complete his Masters in 2007. He finished his Ph.D. in 2018 specialising in rehabilitation. After working in the public sector for two years, he moved on to opening two physiotherapy private practices in the city of Cape Town and enjoyed being the sports physiotherapist for a professional soccer team during 2004-2006 seasons. He was Head of Department of a Life Health Care's hospital's physiotherapy departments for 9 years and holds an academic position at the University of Cape Town since 2007. He also owns a health consulting and tech company.

Leron Hector Co-Founder

Graduated with an Honours degree in Physiotherapy from the University of the Western Cape in 2007. After completing his community service in the Northern Cape, he came back to Cape Town where he worked as a locum physiotherapist at Sport Science Physiotherapy Centre and various other private practices. During this time he was also the sport physiotherapist for a local Rugby club and also provided physiotherapy support for the ABSA Cape Epic Cycle Tour and Two Oceans Marathon. He was assistant manager of a private/public rehabilitation hospital's physiotherapy department for 6 years before opening Hector, Naidoo and Associates. He was is involved in teaching at the University of Cape Town for two years. He also owns a health consulting and tech company.

Ryan Groenewald Senior Associate

Graduated with an Honours degree in Physiotherapy (cum laude) from the University of the Western Cape (UWC) in 2009. After completing his community service at a rural hospital in Kwazulu Natal, he came back to Cape Town where he worked as a physiotherapist at Booth Memorial sub-acute hospital, as well as at various private practices. He was head of rehabilitation services at a Life Healthcare hospital. In the Western Cape. He has a special interest in neurological rehabilitation and has therefore gone on to complete his Masters in neurological physiotherapy in 2013, and he finished his Ph.D. in 2018 specialising in neurological rehabilitation.