

Foot and Hand Wax Therapy Group



This program involves 12 wax therapy sessions implemented over the winter months. Podiatrists assess clients' needs and suitability for the group. Clients' also receive educational sessions from a dietician.



"My ankles no longer hurt, as they normally would when going shopping"

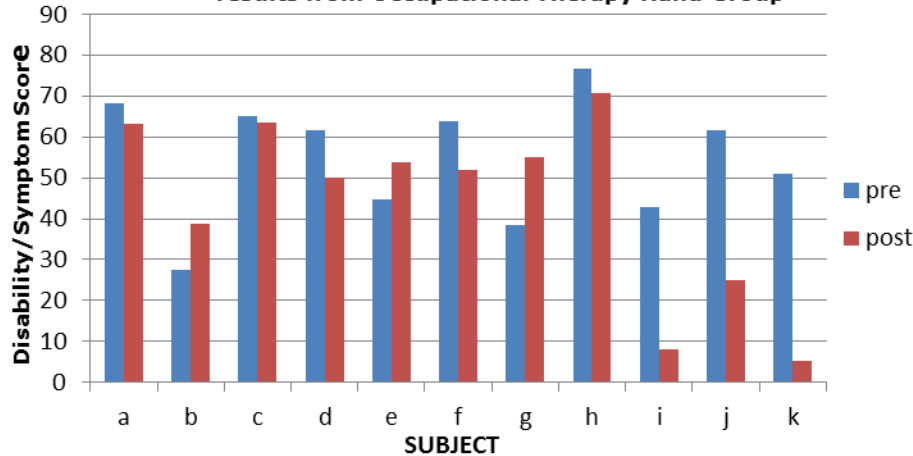
"I am knitting and walking everyday"

*"I can now walk again"
(without pain)*

TOP TO TOE

The implementation of multidisciplinary wax therapy groups to aid clients from the City of Whittlesea who are living with chronic conditions such as; Arthritis, cramping, Raynaud's Disease, Chilblains, Poor circulation in extremities, Muscle stiffness and Chronic Pain.

Disabilities of the Arm, Shoulder & Hand (DASH) Pre & Post test results from Occupational Therapy Hand Group



A reduction in the scoring of the DASH assessment tool post intervention, indicates an improvement in the clients' functional use. A reduction of 15 or more is considered a most accurate indication of improvement.

Occupational Therapy Hand Group



The hands group is a 10 session program run by an Occupational Therapist and two Allied Health Assistants. The program includes wax therapy and individualised exercise programs that are re assessed on a weekly basis. Education sessions are provided throughout the program by Dietitians, Exercise Physiologists and Women's Health Nurse.



"I opened a jar by myself"

"I was able to put earrings on by myself this morning"

"I can feel my hands now"