

- Spinal disorders  
Quadro- & Paraplegics, Post spinal surgery, Scoliosis, etc.
- Neurological disorders  
Post CVA and Head injuries,
- TMJ disorders and associate headaches
- Sinusitis treatment  
Inhalation therapy, Laser, Ultrasound.
- Mastitis  
Ultrasound and massage
- Incontinence  
Electro therapy and exercises
- Low intensity extracorporeal shock wave therapy (**ONLY AT KRUGERSDORP PRIVATE PRACTICE**)
- Pilates  
Low impact exercises to strengthen the core stability muscle groups
- Physio ball exercises  
As part of final rehab to ensure optimal muscle strength and postural balance
- Scar and scar tissue treatment  
Laser and massage therapy
- Burns  
Mobilisation of effected joints
- Chronic pain management  
Autonomic nerve system treatment and exercise treatment
- Dry needling  
For various conditions, including myofascial disorders, muscle injuries, chronic pain, sinusitis, etc.
- Ante & Post Natal Exercises

#### OTHER

**HOME PROGRAMS  
HOME VISITS**

## CONTACT DETAILS

### OCCUPATIONAL THERAPIST

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### PHYSIOTHERAPIST

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### PRACTICE LOCATION

- **Lenmed Medical Center —Physiotherapy department**  
Tel: 011-411 3107  
Email: [lenmed@storehab.co.za](mailto:lenmed@storehab.co.za)
- **Phumlani Center, Room A9  
Randfontein Road (R41), Randfontein**  
Tel: 011-412-1548  
Email: [ericathorius@storehab.co.za](mailto:ericathorius@storehab.co.za)
- **Robinson Life Hospital**  
Tel: 011 278 8730  
Email: [robception@storehab.co.za](mailto:robception@storehab.co.za)
- **Krugersdorp Private Hospital**  
Tel: 011951 0531  
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- **Netcare Pinehaven Hospital, Krugersdorp**  
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**ALL MEDICAL AIDS ACCEPTED  
CONTRACTED IN**



**SMIT, THORIUS & ODENDAAL Inc.**  
**Occupational- & Physiotherapists**  
A Multi-disciplinary Company registered in  
2003

### REHABILITATION & ASSESSMENT SERVICES

1. Acute Occupational & Physiotherapy
2. Functional & Fitness for Work Assessments
3. Work related Programs -  
Work Hardening / conditioning  
Return to work programs  
Reintegration / Accommodations
4. Rehabilitation
5. Back & Neck School—Ergonomics
6. Sport Clinic
7. Premature Babies

### PURPOSE OF SERVICES

- Our patient management are patient orientated and outcome driven.
- To rehabilitate the client towards a pain free, functional and, or adapted participation in life.
- To interpret the client's or worker's condition in functional terms within the context of his job.
- To facilitate early return to work.
- To ensure patient satisfaction.

## OCCUPATIONAL THERAPY

### ACUTE AND REHABILITATION OF:

- Orthopaedic, Spinal, Neurological, Psychiatry, Paediatric.
- Burns & pressure garments
- Splinting—upper limb & lower limb e.g. tennis elbow
- Pressure garments
- Pain screening assessments
- Bio-Psychosocial profiling
- Pain management

### ASSESSMENTS

#### FUNCTIONAL & FITNESS FOR WORK ASSESSMENTS

Assessment of the worker's ability to cope with a full working day in his specific work environment, by assessing physical function, work habits, motivation and competence, etc.

#### JOB ANALYSIS

Assessment of the physical work demands, the environmental hazards, risk factors and ergonomic structuring.

#### ERGONOMICAL ASSESSMENTS

Recommendations are made to improve or decrease the identified risks, in regards to ergonomics, motion economy and preventative programs.

#### COGNITIVE ASSESSMENTS

e.g. Concentration, Memory, Attention.

#### CHILDREN

Premature & New Born Assessments

#### WORK VISITS

## PROGRAMS / TESTING

### WORK CONDITIONING / HARDENING PROGRAMS

Graded tasks to progressively **improve** the biomechanical, neuromuscular, cardiovascular, metabolic and psychosocial **functions of the client** in conjunction **with real or simulated work activities**. They provide a transition between acute care and return to work while addressing the issues of productivity, safety, physical tolerance and worker behaviors. These are highly structured, goal orientated individualized treatment programs designed **to maximize the individual's ability to return to work.**

### BACK TO WORK REINTEGRATION PROGRAMS

Structured, graded work tasks, which allows the client the opportunity for a realistic transition period from acute rehabilitation to the more arduous work environment. Early return to work is thus facilitated.

### BACK & NECK SCHOOL

Education in back and neck care. A Four Module slide presentation:

- |              |  |
|--------------|--|
| Module 1     | Back & Neck Facts<br>(Anatomy & Causes)  |
| Module 2 & 3 | Prevention & Exercises<br>(Stretching, Flexibility, mobility & strengthening) - Practical Sessions |
| Module 4     | Ergonomics for ADL and Work related activities.<br>Work place structuring<br>Practical Sessions    |

### PSYCHIATRIC PROGRAMS

- \* Coping with Depression
- \* Balanced Life style and Life Skills
- \* Assertiveness and Conflict Handling
- \* Improving Self Esteem, etc.

### BABY STIMULATION PROGRAMS

We work with babies who are born prematurely and full term providing various types of stimulation to increase sensory awareness and development.

### COGNITIVE AND BEHAVIOURAL ADAPTATION PROGRAMS

## HAND THERAPY

Fractures, Ligament and Tendon Injuries, Dislocations, Arthritis, Tendonitis e.g. Carpal Tunnel Release. Hand injuries can become disabling, comprehensive therapy is essential. We are the first practice in Africa to start using Woodcast—which are total bio gradable—GREEN.

## NEURO

### SERVICES & ADAPTATIONS FOR DISABLED PERSONS

We treat Cerebral Palsy, CVA's and TBI's.

NDT is a hands-on treatment approach which is being used by OT's in the Neurological field.

We are equipped to help people of all ages regain functional movement and independence following a brain injury.

### JOINT REPLACEMENT REHABILITATION

We work within a multi-disciplinary team, and our unique arthroplasty protocol ensures that we focus on not only the physical, but also the psycho-social aspects of rehabilitation which may have an influence on your recovery and healing process. Our holistic approach consists of Pre-op information session, functional rehab sessions, work hardening, return to work and emotional support to ensure optimal recovery and quality of life.

## PHYSIOTHERAPY

### ACUTE & REHABILITATION

- Chest conditions  
Treatment of Asthma, COPD, Pneumonia Etc.
- Orthopaedic conditions  
Treatment of Arthroplasty patients, Fractures, Soft tissue injuries, OA & RA.
- Sport related injuries  
Myofascial disorders, incorrect posture & technique, inadequate muscle strength, strapping technique to correct misalignment.