

Restore News

Restore Hand Therapy Newsletter



RESTORE
HAND THERAPY



7 Years of Growth, Gratitude, and Great Moments!

This month marks a major milestone for us — 7 incredible years in business!

What began as a small idea has grown into something we're truly proud of, and none of it would have been possible without the support of our patients, dedicated team, family, friends and referrers.

Over the years, we've faced challenges, celebrated wins, and kept our focus on delivering the best outcomes for our patients.

As we look back on how far we've come, we're also looking ahead to exciting new goals, innovations, and opportunities.

Thank you for being part of our journey.

Just a few photos enjoying our celebration at Roy Hammond Ballarat 🍷🍰🥂

Restore team update

The team is back, feeling refreshed after the Easter break and ready to take on a busy winter ahead at the clinic.

With the football and netball seasons back in full swing, we've already seen a rise in sports injuries. Just a reminder—there are urgent appointment slots available on Mondays for any weekend knocks or tumbles. Don't hesitate to book in if needed!

As the cooler weather creeps in, those usual aches and pains tend to make a comeback. To stay ahead of the discomfort, be sure to book your appointments in advance—this helps avoid longer wait times and keeps you moving comfortably through winter.

We're thrilled to share that we've been nominated once again for the Ballarat Business Awards 2025! A big thank you to our amazing team and community for the continued support—it means the world to us.

Jen smashed her imaging micro-credentialing course with top marks and then took some well-earned time off by the sea to relax and recharge with her family.

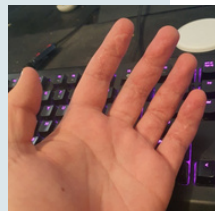
Emma spent Easter camping with family and friends while nursing an injured foot. Sadly, her return to netball was short-lived, with an injury in her first game back. Fingers crossed for a speedy return.

Gaile and Amy have been settling into their new ergonomic setup at reception. The sit-stand desk is especially helpful for Gaile as she continues her recovery—small changes making a big difference!

Healing Beyond the Surface

Scar therapy offers comprehensive benefits that extend beyond the physical appearance of scars. By improving mobility, reducing discomfort, and enhancing emotional well-being, scar therapy plays a crucial role in the holistic recovery process.

If you're seeking to address the impact of scars, please book an appointment with Jen our Restore Scar Therapy Practitioner.





Grazing the creek bed - Milburn Art Prize entry

Amanda's Artful Success

Congratulations to our resident artist Amanda Western on a string of recent successes. Amanda has been named a finalist in the 2025 Milburn Art Prize (Brisbane), St Columba Art Prize (Sydney), Flanagan Art Prize (Ballarat), and won the Bendigo Art Show's Best Drawing/Other Media category.

Amanda has also won the 2025 Queenscliff Art Prize for Print and new works work will also be exhibited at the Belco Arts Show (Canberra) and the AWAGAMI International Miniature Print Exhibition in Japan later this year.

In addition, Amanda has been elected President of the Ballarat Society of Artists—recognition of her ongoing contribution to the arts community both locally and beyond. Well done, Amanda!



Have you got your Interex Treatment Card?

If you have been utilising the In Clinic InterX Service, don't forget to bring your card to Reception. This will ensure Gaile and Amy can promptly assist you to get started.

HANDY FACT

Fingernails can indicate overall health issues, such as mineral or vitamin deficiencies.

NOTICE TO ALL RESTORE HAND THERAPY PATIENTS

We are using secure Artificial Intelligence (AI)



The program we use is an Australian Standards Privacy approved AI recording program to assist with maintaining accurate medical records.

Your privacy and comfort are important to us, please discuss with your therapist if you would like further clarification.

We are also happy to not use the tool for your sessions if you prefer.

Making radio waves



Jen recently featured on local radio station ABC Ballarat "Drive" program, with Prue Bentley to discuss a subject close to home for many in the region: farming-related hand injuries.

Jen shared powerful insights into the risks faced by those working with machinery, livestock, and tools on a daily basis. "Farming is physically demanding and fast-paced," Jen explained. "Injuries to the hands—whether from repetitive strain or accidents—can seriously affect someone's ability to work and live comfortably."

The segment sparked strong listener interest, with several callers phoning in to ask questions. Stay tuned to our socials to find out when Jen is next on the airwaves.

FOLLOW US ON OUR SOCIALS



/RestoreHandTherapy



@restore_hand_therapy



www.restorehands.com.au | PH 5303 0333