



RESTORE
HAND THERAPY

Restore News

Restore Hand Therapy Newsletter



RESTORE Scar Therapy in Ballarat



As you all know Jen is an Accredited Hand Therapist. She can now add RESTORE Scar Therapy Practitioner to her growing list of credentials.

What is RESTORE Scar Therapy?

A method of non-invasive therapy developed to treat scar tissue, fibrosis and adhesions.

Promoting Healthy recovery through

- Specialist scar massage
- Therapy tools
- Self care advice
- Fascial release massage

What to Expect?

RESTORE scar therapy has been developed to stimulate the body's natural healing processes, in order to create changes in-scar tissue.

Why the RESTORE Scar Therapy method?

The RESTORE method has been developed by the UK's leading scar therapy teacher and scar specialist, Emma Holly. The RESTORE scar therapy method is used within the NHS and leading private healthcare providers. A course of treatment is usually recommended, but a single session and self-care advice for you to follow at home can be helpful.

Jen is now equipped with a wide range of techniques to treat any kind of scar on any part of the body, enhancing her ability to deliver effective, personalised care after any injury or surgery.

If you'd like to make an appointment with Jen to discuss your scar concerns please call our friendly team on 5303 0333



2025 has kicked off fast at the clinic!

Thank you to all our patients and referrers for your understanding while we operated on limited clinic opening hours over the holiday period. We look forward to providing all new and existing patients compassionate care during 2025.

Restore team update

DJ was a welcome face in the clinic, along with Caitlin who've both been working on reception to fill in for staff leave.

Jen worked through most of January and managed to complete her Scar Therapy Practitioner course before getting a well earned week off. Then she jumped straight into an exam for her Micro Credential in Imaging from the University of Sydney.

Emma & Adele have also been busy with their studies over the last couple of months. Both completing their Open Trauma Course and Emma passing her Splinting Fabrication course with flying colours.

We welcome back Gaile who has recently returned after recovering from back surgery. Amy held the fort on reception to ensure things ran smoothly during Gaile's absence.

Restore Gallery's 1st Anniversary

Wow, doesn't time fly? It has been 1 year since we opened our wall space to Lino Print Artist Amanda Western and became Restore Gallery.

What a fabulous journey it has been for us and Amanda. We always enjoy seeing our patients in awe of her intricate and inspiring works of art.

Amanda had quite the journey in 2024 displaying works at several galleries both locally and interstate. Then took out a win for her piece 'Country Lane' in The People's Choice Award for the 2024 Sunshine Coast National Art Prize.

Amanda's exhibition is ever revolving and there are always new works being displayed. So don't forget to check it out at 10 Errard St Nth during clinic hours.



Country Lane'



Summer time recognition



We've had plenty of opportunities to eat cake this Summer! As we celebrated staff anniversaries and birthdays.

- Gaile has celebrated a 4 year work anniversary and a Birthday.
- Amy celebrated her 2 year work anniversary.
- Jen has rounded out the summer of celebrations with her birthday on February 28th

Whilst we love a chance to celebrate, it's a great time to recognise and reflect on the contribution staff have made in their time at Restore Hand Therapy.



What is an Accredited Hand Therapist?

In 2017, the Australian Hand Therapy Association implemented a credentialing program to ensure accredited therapists offer a high standard of practice.

An Accredited Hand Therapist is a person who:

- is an AHPRA* registered Occupational Therapist or Physiotherapist
- has demonstrated an advanced level of competence in hand therapy
- has undertaken over 300 hours of advanced upper-limb education and assessment; a one-year mentorship; and has a minimum of 3600 hours in hand therapy clinical practice

- has been assessed as qualified and competent to provide safe, evidence-based diagnosis, advice and treatment
- is awarded the credential of Accredited Hand Therapist by the Australian Hand Therapy Association Credentialing Council.

All our Hand Therapists at Restore are AHPRA registered Occupational Therapists.

Jen has been practicing Hand therapy for more than 27 years. She has achieved Accredited Hand Therapy status (AHTA) and the internationally recognised Certified Hand Therapy designation (USA)

Both Emma and Adele are very close to being awarded their (AHTA) Accreditation.



HANDY FACT

Fingerprints are a completely unique DNA imprint that is different in every single human being. No two human beings in the world have similar fingerprints.

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