

Restore News

Restore Hand Therapy Newsletter



RESTORE
HAND THERAPY

Restore team update

At our small Hand Therapy clinic, we're all about balance — not just in wrist exercises and grip strength, but in life too!

With just four of us — two hand therapists and two receptionists — we're a tight-knit team that works hard and plays hard.

Recently, Jen and Amy took some well-deserved breaks, heading off on tropical adventures. Jen enjoyed a relaxing time in Thailand with Matt and DJ in June.

Amy set sail on a stunning Great Barrier Reef cruise with her family in July.

Despite having staff away, the clinic didn't miss a beat. Thanks to the commitment and cooperation of the remaining staff, everything continued to run smoothly. From appointments to patient care and admin, our little team proved once again that with great teamwork, anything is possible.

Here's to hard work, great holidays, and an even greater team!

All Glammed up for The Gala

What a night! Our team turned up in style at the Commerce Ballarat Business Excellence Awards Gala, excited to celebrate alongside so many amazing local businesses.

We were thrilled to be nominated in The Federation University Health & Wellbeing category—though we didn't snag the win this time, we certainly had a fabulous evening!

There was plenty of laughter, good food, and entertainment.

Most importantly, we walked away feeling inspired by the wonderful business community we get to be part of every day.

The night reminded us of how far we've come and has inspired us to keep striving for excellence! ❤️

Turning 18 & Taking the Stage!

We're thrilled to celebrate a special milestone for one of our casual receptionist, DJ, who recently turned 18!

As if turning 18 wasn't exciting enough, DJ has also taken centre stage in his school production of *Beauty and the Beast*, impressing audiences with his talent and confidence. Balancing Year 12, and rehearsals is no easy feat — and we couldn't be more proud of the dedication he has shown.

Please join us in congratulating DJ on this exciting chapter. We can't wait to see what's next for this rising star! ⭐



18th



SPOTLIGHT ON: ARTHRITIS



Easing the Ache

Osteoarthritis (OA) of the hands is a common condition, particularly as we get older. It occurs when the protective cartilage at the ends of the finger and thumb joints gradually wears away, leading to pain, stiffness, swelling, and reduced grip strength. Everyday activities such as opening jars, turning keys, or typing can become challenging and frustrating. Hand therapy offers effective, non-surgical ways to manage OA symptoms and maintain independence. A hand therapist can:

- Provide tailored exercises to improve joint movement, maintain strength, and reduce stiffness.
- Recommend splints or supports to rest painful joints and improve function.
- Teach joint protection techniques to reduce strain during daily tasks.
- Suggest adaptive equipment that makes activities easier and less painful.

Early intervention can make a big difference. With the right strategies, many people find they can reduce pain, maintain mobility, and continue enjoying the activities they love.

If you're experiencing hand pain or stiffness, a hand therapy consultation could be the first step toward relief.

HANDY FACT

Your hands contain 27 bones, 34 muscles, and over 100 ligaments – all working together to help you grip, lift, and create every day.



A Warm Winter Celebration

After a busy start to the year, our regular mid-winter celebration gave the team and their partners a chance to reconnect, recharge, and appreciate each other's contributions...and Ugly Christmas Sweaters! 🤡

Christmas in July may not be official, but for this work group, it is always the perfect excuse to come together — proof that good company, great food, and a little festive spirit are always in season.

Celebrating Hand Therapy Week at Restore



In June, our team proudly celebrated Hand Therapy Week, a time to recognise the incredible work hand therapists do in restoring function and improving lives—one hand at a time.

Throughout the week, we shared educational tips on our social pages, and hosted a morning tea on National Donut Day to thank our wonderful team for their commitment to excellence. We also welcomed visitors with the chance to win a gorgeous hamper from Raven Collective.

Thank you to our amazing therapists and loyal patients who make our work so meaningful. Here's to strong, healthy hands and the people who help heal them! 🙌💪

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