North Queensland Region

Mareeba Garden Settlement
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7th March 2006-03-07

TO WHOM IT MAY CONCERN

Dear Madam/Sir

The Mareeba Garden Settlement employs a staff member trained as an Emmett Therapist for the purpose of doing muscle release on the residents and staff.

The therapist treats residents with sore and stiff shoulders and necks, with sore backs and legs and does a muscle release which has been shown to increase balance when tested before and after Emmett Therapy.

Feedback from the residents has shown that this form of treatment gives them relief from the pain and so requires less analgesia. For some residents, treatment may be required on a regular basis but the relief, if sometimes not lasting, is well worth the effort.

The therapist also treats staff for the same sort of problems, with good result and so enabling staff to return to work without having to take time off to recover.

The therapy is non-invasive and is gentle enough for the most frail of our residents

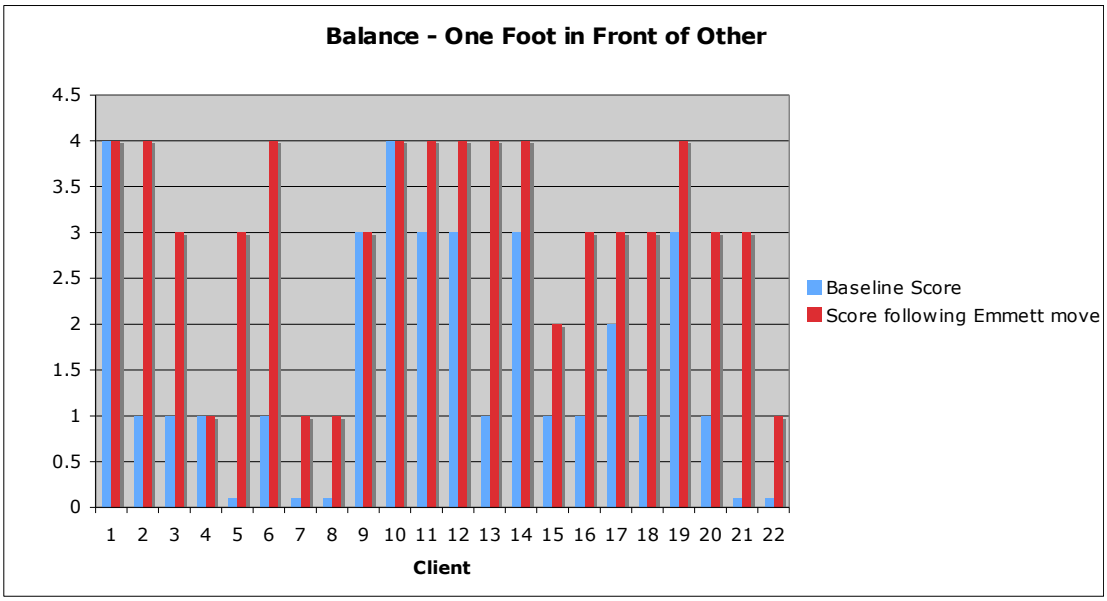
Yours Sincerely

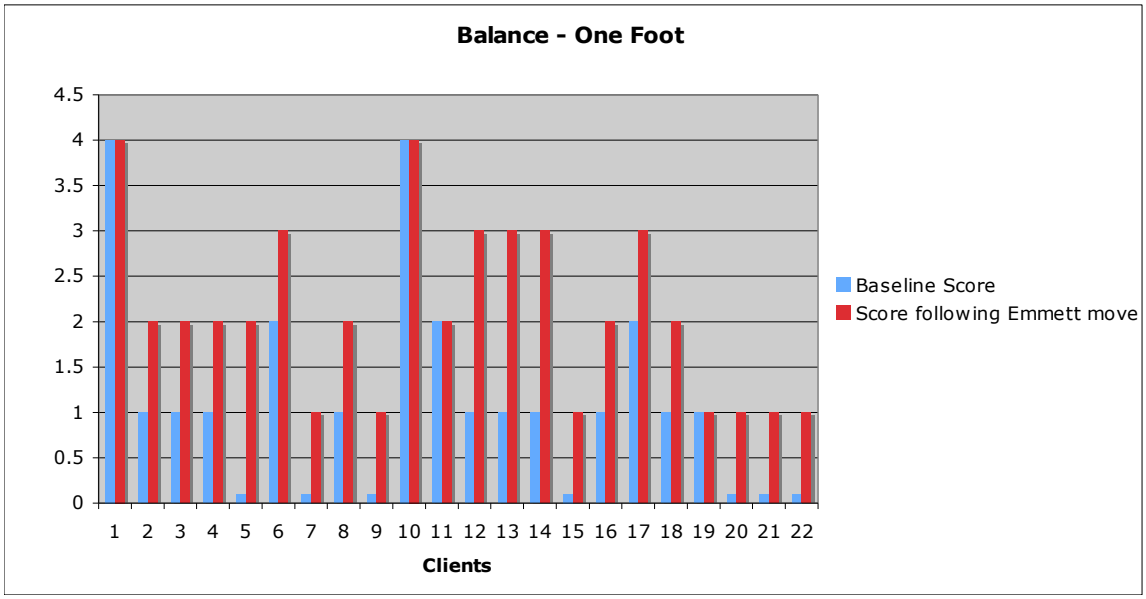
Sue Boisen
Director of Nursing
Mareeba Garden Settlement

Physiotherapy Balance Scale

Balance – One Foot in Front of Other

Instructions: (Demonstrate to Subject) Place one foot directly in front of the other. If you feel that you cannot place your foot directly in front, try to step far enough ahead that the heel of your forward foot is ahead of the toes of the other foot. (To score 3 points, the length of the step should exceed the length of the other foot and the width of the stance should approximate the subject's normal stride width.)	
Rating	Activity
4	Able to place foot tandem independently and hold 30 seconds
3	Able to place foot ahead of other independently and hold 30 seconds
2	Able to take small steps independently and hold 30 seconds
1	Needs help to stand but can hold 15 seconds
0	Loses balance while stepping or standing



Balance – One

Instructions: Stand on one leg as long as you can without holding.	
Rating	Activity
4	Able to lift leg independently and hold for more than 10 seconds
3	Able to lift leg independently and 5 - 10 seconds
2	Able to lift leg independently and hold for 3 or more seconds
1	Tries to lift leg unable to hold 3 seconds but remains standing independently
0	Unable to try or needs assistance to prevent fall